

Question 1 (5 points)

Check all that apply. Flexibility is measured by:

- ☐ a chin-ups
 - ☐ b sit & reach test
 - ☐ c mile run
 - ☒ d flex arm hang
-

Question 2 (5 points)

Which of the following conditions of hyperthermia is moderately serious?

- ☒ a Heat Stroke
 - ☐ b Heat Exhaustion
 - ☐ c Heat Cramps
-

Question 3 (5 points)

Which is not a health-related component of physical fitness?

- ☐ a body composition
 - ☐ b flexibility
 - ☐ c cardiovascular fitness
 - ☒ d agility
-

Question 4 (5 points)

Using a time line in goal setting:

- ☐ a gives you a better sense of control
 - ☐ b helps you pace your efforts
 - ☒ c promotes a greater commitment to your goals
 - ☐ d incorporates all of these
-

Question 5 (5 points)

The following could be considered a stressor:

- ☐ a school
 - ☐ b friends
 - ☐ c parents
 - ☒ d all of these
-

Question 6 (5 points)

Journal writing benefits you by:

- ☐ a getting things off of your chest
 - ☐ b mapping out feelings
 - ☐ c helps in decision making
 - ☒ d all of these
-

Question 7 (5 points)

Which of the following would be considered a short term goal?

- ☐ a Becoming a teacher
 - ☐ b Failing an exam
 - ☐ c Resolving a conflict
 - ☒ d Losing 20 pounds
-

Question 8 (5 points)

When a body receives a stimulus, the nervous system is called to release adrenaline. Under what circumstances can this happen?

- ☐ a Only negative stimulus such as being in a house fire.
 - ☐ b Only positive stimulus such as winning the big game.
 - ☐ c Any type of stimulus.
-

Question 9 (5 points)

Ligaments are structures in the body that perform which function?

- ☐ a attach bone to bone
 - ☐ b attach muscle to bone
 - ☐ c attach muscles to skin
 - ☐ d provides blood flow to the muscles
-

Question 10 (5 points)

The minimum recommended time to hold a static stretch is?

- ☐ a 5 seconds
 - ☐ b 20 seconds
 - ☐ c 45 seconds
 - ☐ d 1 minute
-

Question 11 (5 points)

Which of the following statements is true?

- ☐ a Flexibility is the same for everyone.
 - ☐ b Performing a triceps stretch helps to increase the flexibility in the upper arm.
 - ☐ c Each individual person will have the same degree of flexibility in all joints.
 - ☐ d All of these statements are true.
-

Question 12 (5 points)

When stretching, you should:

- ☐ a work on a specific muscle group slowly and at one time
 - ☐ b always do shoulders and legs first
 - ☐ c compete with others to see who is more flexible
 - ☐ d have the same degree of strength in all joints
-

Question 13 (5 points)

Which of these stretches can be harmful?

- ☐ a head circles
- ☐ b tricep stretch

- ☐ c quadricep stretch
 - ☐ d achilles tendon stretch
-

Question 14 (5 points)

The standard for the Sit and Reach test in the Health-Related Fitness Assessment in the course is ____?

- ☐ a 25 cm
 - ☐ b 15 cm
 - ☐ c 50 cm
 - ☐ d 30 cm
-

Question 15 (5 points)

Which type of joint uses a back-and-forth motion?

- ☐ a Gliding
 - ☐ b Hinge
 - ☐ c pivot
 - ☐ d ball & socket
-

Question 16 (5 points)

Which of the following best defines flexibility?

- ☐ a ability to move body joints through a full range of motion
 - ☐ b ability to move body joints
 - ☐ c potential range of motion
 - ☐ d none of these
-

Question 17 (5 points)

Static stretching refers to:

- ☐ a stretching that involves bobbing, bouncing or jerky movements that make use of the body's momentum
 - ☐ b stretching done in a continuous, slow, and controlled manner
 - ☐ c a form of stretching in which the body is pushed beyond its initial limit
 - ☐ d stretching that requires slowly stretching the muscle and joint to farthest point without causing pain
-

Question 18 (5 points)

If Terri were holding a stretch for 25 seconds and increased to 30 seconds, which variable would she be increasing?

- ☐ a frequency
 - ☐ b intensity
 - ☐ c time
-

Question 19 (5 points)

Which of the following statements is **not** true?

- ☐ a You should start stretching at a slow, safe level, but never increase your frequency, intensity, or time.
 - ☐ b Partner-assisted stretching can cause injury.
 - ☐ c You should stretch your muscles that you feel need to be stretched at any time of day.
 - ☐ d All of these statements are not true.
-

Question 20 (5 points)

The more oxygen the muscles receive, the more energy you have.

- ☐ True
 - ☐ False
-

Question 21 (5 points)

Cardiovascular disease can be attributed to this uncontrollable risk factor:

- ☐ a atherosclerosis
 - ☐ b high cholesterol
 - ☐ c heredity
 - ☐ d low blood pressure
-

Question 22 (5 points)

Your target heart rate zone is a numerical range you want to exercise

- ☐ a above
 - ☐ b below
 - ☐ c within
 - ☐ d near
-

Question 23 (5 points)

Capillaries are important for exchanging material between blood and the cells of the body.

- ☐ True
 - ☐ False
-

Question 24 (5 points)

Which of the following is the "bad" cholesterol and should be highly monitored?

- ☐ a HDL – High Density Lipoprotein
 - ☐ b LDL – Low Density Lipoprotein
 - ☐ c Sugars
-

Question 25 (5 points)

The target heart rate zone is:

- ☐ a the level your recovery heart rate should reach
 - ☐ b where you want your exercise heart rate
 - ☐ c where you want your resting heart rate
 - ☐ d your maximum heart rate
-

Question 26 (5 points)

What is the minimum number of days per week a person should exercise to improve cardiovascular fitness?

- ☐ a one
 - ☐ b three
 - ☐ c five
 - ☐ d ten
-

Question 27 (5 points)

Your pulse is caused by pressure of the blood on the artery wall, and it corresponds to your heart beat.

- ☐ True
 - ☐ False
-

Question 28 (5 points)

When you increase the pace of your run, you are increasing:

- ☐ a frequency
 - ☐ b intensity
 - ☐ c time
 - ☐ d none of these
-

Question 29 (5 points)

Which person below would be at risk for cardiovascular disease?

- ☐ a a computer programmer who is a vegetarian and runs 3 times a week
 - ☐ b a stay-at-home mom who cooks for her family and walks 2 miles a day with her child
 - ☐ c an office worker who eats fast food twice a day and takes regular cigarette breaks
 - ☐ d a high school teacher who eats school food every day and exercises every day after school
-

Question 30 (5 points)

What does a high resting heart rate generally indicate?

- ☐ a good level of aerobic fitness
 - ☐ b high level of body fat
 - ☐ c poor level of aerobic fitness
 - ☐ d poor level of muscular endurance
-

Question 31 (5 points)

The standing lateral raise is a muscular resistance exercise that primarily works which muscle group?

- ☐ a calf muscles
 - ☐ b shoulder muscles
 - ☐ c hamstring muscles
 - ☐ d quadricep muscles
-

Question 32 (5 points)

Which type of muscle building exercise incorporates machines that allow for the muscle to be overloaded with maximum resistance throughout the entire range of motion at a constant speed?

- ☐ a isotonic
 - ☐ b isometric
 - ☐ c isokinetic
 - ☐ d all of these
-

Question 33 (5 points)

If Terry is doing 2 sets of 6 repetitions at 50 pounds of a bench press in order to improve her muscular strength in the chest area, how many sets would show an appropriate increase in the time variable for her muscular strength workout?

- ☐ a 3 sets of 4 repetitions at 65 pounds
- ☐ b 3 sets of 15 repetitions at 35 pounds

- ☐ c 6 sets of 12 repetitions at 40 pounds
 - ☐ d 6 sets of 8 repetitions at 70 pounds
-

Question 34 (5 points)

The pull-up is a muscular resistance exercise that primarily works which muscle group?

- ☐ a chest
 - ☐ b legs
 - ☐ c back
 - ☐ d abdomina
-

Question 35 (5 points)

The front curl is a muscular resistance exercise that primarily works which muscle group?

- ☐ a calf muscles
 - ☐ b pectoral muscles
 - ☐ c hamstring muscles
 - ☐ d bicep muscles
-

Question 36 (5 points)

Muscular endurance training involves which concept?

- ☐ a lifting 3 sets of 8–12 reps
 - ☐ b lifting 3 sets of 4–6 reps
 - ☐ c lifting 2 sets of 10–20 reps
 - ☐ d lifting 2 sets of 4–8 repetitions
-

Question 37 (5 points)

The lat pull-down is a muscular resistance exercise that primarily works which muscle group?

- ☐ a calf muscles
 - ☐ b upper back muscles
 - ☐ c hamstring muscles
 - ☐ d quadricep muscles
-

Question 38 (5 points)

The bench press is a muscular resistance exercise that primarily works which muscle group?

- ☐ a chest muscles
 - ☐ b calf muscles
 - ☐ c hamstring muscles
 - ☐ d abdominal muscles
-

Question 39 (5 points)

I can spot reduce and lose fat in my abdominal region by doing abdominal curls.

- ☐ True
 - ☐ False
-

Question 40 (5 points)

The leg curl is a muscular resistance exercise that primarily works which muscle group?

- ☐ a calf muscles
 - ☐ b shoulder muscles
 - ☐ c hamstring muscles
 - ☐ d quadricep muscles
-

Question 41 (5 points)

How much time do most experts agree is required to allow for muscle recovery before engaging in muscular strength/endurance weight lifting of the same muscle group?

- ☐ a 6 hours
 - ☐ b 12 hours
 - ☐ c 18 hours
 - ☐ d 48 hours
-

Question 42 (5 points)

If your average daily caloric intake is the same as your average daily caloric output:

- ☐ a weight loss will occur
 - ☐ b weight gain will occur
 - ☐ c weight maintenance will occur
-

Question 43 (5 points)

If your average daily caloric intake is less than your average daily caloric output:

- ☐ a weight loss will occur
 - ☐ b weight gain will occur
 - ☐ c weight maintenance will occur
-

Question 44 (5 points)

Which of the following is not considered an eating disorder by NEDIC?

- ☐ a anorexia
 - ☐ b binge eating
 - ☐ c caloric reduction
 - ☐ d bulimia
-

Question 45 (5 points)

Lean body mass is not made up of:

- ☐ a muscle tissue
 - ☐ b bone
 - ☐ c ligaments
 - ☐ d adipose tissues
-

Question 46 (5 points)

Check the area that applies to an endomorph body type.

- ☐ a thin, flat chest
- ☐ b round shaped
- ☐ c body with rock hard muscles
- ☐ d low percentage of body fat

Question 47 (5 points)

Check the area that applies to an ectomorph body type.

- ☐ a large bones
 - ☐ b short neck
 - ☐ c young appearance
 - ☐ d rectangular shaped
-

Question 48 (5 points)

What does BMI stand for?

- ☐ a Body Measuring Index
 - ☐ b Body Mass Index
 - ☐ c Body Mass Instructions
 - ☐ d Body Measuring Instructions
-

Question 49 (5 points)

Body composition is:

- ☐ a the combination of all the muscles, organs, tissues, fluids, and other things inside your body
 - ☐ b the ratio of weight versus height
 - ☐ c the ratio of body fat to diet and exercise
-

Question 50 (5 points)

If your average daily caloric intake is more than your average daily caloric output:

- ☐ a weight loss will occur
 - ☐ b weight gain will occur
 - ☐ c weight maintenance will occur
-

Question 51 (5 points)

Which measurement tool could properly measure body fat?

- ☐ a pull-ups
 - ☐ b skin-fold calipers
 - ☐ c flex arm hang
 - ☐ d mile run
-

Question 52 (5 points)

Which BMI standard for teens is considered overweight?

- ☐ a less than the 5th percentile
 - ☐ b more than the 95th
 - ☐ c 85th percentile to less than the 95th percentile
-

Question 53 (5 points)

Which is the first source of energy for the body?

- ☐ a Proteins

- ☐ b Carbohydrates
 - ☐ c Vitamins
 - ☐ d Fat
-

Question 54 (5 points)

What is the minimum number of minutes of daily physical activity recommended by the ChooseMyPlate.gov?

- ☐ a 10
 - ☐ b 75
 - ☐ c 30
 - ☐ d 60
-

Question 55 (5 points)

Which section of the body is it more dangerous to store fat?

- ☐ a thighs
 - ☐ b hips
 - ☐ c back
 - ☐ d arms
 - ☐ e abdomen
-

Question 56 (5 points)

Which of the following can be found on a food label?

- ☐ a Amount of garlic per serving
 - ☐ b Preparation time
 - ☐ c Calories per serving
 - ☐ d Percent daily value for caffeine
-

Question 57 (5 points)

The percent daily value guide shows that ____ is considered low for all nutrients and ____ is considered high for all nutrients.

- ☐ a 5, 50
 - ☐ b 10, 40
 - ☐ c 20, 50
 - ☐ d 5, 20
-

Question 58 (5 points)

Which of the following would be considered a/an item(s) for the meat, poultry, fish, dry beans, eggs and nuts food group?

- ☐ a turkey
 - ☐ b tuna
 - ☐ c chicken
 - ☐ d hamburger
 - ☐ e all of these
-

Question 59 (5 points)

Which of the following statements are true about cholesterol?

- ☐ a Total cholesterol in your body is affected only by your diet.
- ☐ b Water contains the most source of cholesterol.
- ☐ c All foods contain HDL cholesterol.

- ☐ d Cholesterol does not affect the heart.
- ☐ e LDL is considered the bad cholesterol.

Question 60 (5 points)

Which of the following are functions of water in the body?

- ☐ a Water is stored in the body only for use during exercise
- ☐ b Water aids the digestive system process
- ☐ c Water dehydrates your body
- ☐ d Water is not essential to human life

Question 61 (5 points)

The body uses which essential nutrient **last** as a resource for energy?

- ☐ a proteins
- ☐ b carbohydrates
- ☐ c minerals
- ☐ d fats

Question 62 (5 points)

Which of the following would NOT be considered a/an item(s) for the fruit food group?

- ☐ a orange
- ☐ b banana
- ☐ c plum
- ☐ d grapes
- ☐ e carrot

Question 63 (5 points)

Energy is supplied by which of the following?

- ☐ a Suffient rest
- ☐ b Cholesterol
- ☐ c Water
- ☐ d Minerals
- ☐ e Proteins

Question 64 (30 points)

You must answer all questions in Part 1 and Part 2. Use essay format for both essays in Part 2. Be sure to address every point listed in both essays for full credit.

Part 1:

List your profiled person's age, gender, height, weight, activity–level, body type and personal fitness goal (30 points).

Question 65 (90 points)

Part 2:
Flexibility Program –
Plan a stretching routine for your profiled person to include:

A specific stretch for each of the 8 major muscle groups of the body. Be sure to name each muscle group and identify where they are located on the body (44 points).

The length of time to hold each stretch (6 points).

Of the 4 different types of stretching, which type is your person going to use and WHY (20 points).

In a 4 week period, how would your person demonstrate the FIT principles of frequency, intensity and time for Flexibility (20 points).

Question 66 (90 points)

Part 2:Cardiovascular Program –
Design a schedule of cardiovascular activities for your profiled person to include:

Five examples of activities that can be done non-stop, which involves the large muscle groups of the body (10 points).

Give the resting heart rate of your profiled person (10 points).

Identify the maximal heart rate for your profiled person. You must show your work or no points will be awarded (10 points).

Identify the target heart rate range of your profiled person. You must show your work or no points will be awarded (40 points).

In a 4 week period, how would your person demonstrate the FIT principles of frequency, intensity and time for Cardiovascular Fitness (20 points).

Question 67 (90 points)

Analyze the long term benefits of participating in regular physical activity. Organize your thoughts into a detailed 3 paragraph essay, explaining the long term benefits of participating in regular physical activity, compared to the long term consequences of no regular physical activity.

