

Test Bank for Developmental Physical Education for All Children 5th Donnelly

1. Proper nutrition and physical activity are critical during childhood because they contribute to

- *a. brain, nerve, bone, and muscle growth
- b. bone and muscle growth only
- c. brain and nerve growth only
- d. brain growth only

2. All but which of the following statements agree with the *Dietary Guidelines for Americans* (2010)?

- a. Choose whole grains for at least half of your grains.
- b. Choose food that is low in sodium.
- c. Include lean meat, fish, and poultry.
- *d. Drink whole milk.
- e. Fill half of your plate with fruits and vegetables.

3. Children can perform endurance activities at the same intensity and duration as adults due to their levels of blood hemoglobin.

- a. True
- *b. False

4. Children should begin weight training with free weights and appropriately sized exercise machines beginning in grade 3.

- a. True
- *b. False

5. Physical fitness activities consist of mass exercise in which all participants perform in the same ways.

- a. True
- *b. False

6. The results of physical fitness tests should be interpreted and used to set individual goals.

- *a. True
- b. False

7. On the first day of fourth grade, all students should take a battery of fitness tests.

- a. True
- *b. False

8. Teachers should use fitness test results for grading.

- a. True
- *b. False

9. Proper nutrition influences cognitive development because the brain (in particular, the frontal lobes) continues to develop during childhood.

- *a. True
- b. False

10. *Physical Activity Guidelines for Americans* (2008) recommends that children accrue _____ minutes of physical activity per day in order to decrease obesity and other debilitating health conditions.

Correct Answer(s):
a. 60

11. Define cardiorespiratory endurance.

Correct Answer:
ability to continue a vigorous activity that places demands on the heart, lungs, and vascular system for an extended period of time without undue fatigue

12. Define muscular endurance.

Correct Answer:
ability to exert force against an object that is external to the body for several repetitions without fatigue

13. Define muscular strength.

Correct Answer:
ability to exert maximum force against an object that is external to the body

14. Define flexibility.

Correct Answer:
ability of joints to move through their full range of motion

15. Define body composition.

Correct Answer:
proportion of lean body mass to fat body mass

16. Indicate the grade range in which children are expected to know the components of health-related fitness and to be learning how to apply the FITT principle to each component.

Correct Answer:
grades 3 through 5

17. What is the earliest grade range in which the teacher increases and decreases the duration of children's participation in locomotor skills in order to engage them in fitness?

Correct Answer:
pre-K

18. What is the earliest grade range in which children are expected to recognize the physiological changes associated with moderate and vigorous physical activity?

Correct Answer:
K-2

19. Why should standardized fitness assessment begin in grade 4?

Correct Answer:
Children's movement skills and physical capacity are sufficiently developed to perform testing tasks correctly and safely.

20. What is an appropriate earliest grade range during which children may participate in a variety of stations that implicitly reinforce all of the health-related fitness components?

Correct Answer:
K-2