

Test Bank for Clinical Exercise Physiology 4th Ehrman

1. The transtheoretical stages of change model seeks to categorize people into various stages based on their readiness to make a behavioral change. These include the following stages of change:

- a. precontemplation, contemplation, and action
- *b. precontemplation, contemplation, preparation, action, and maintenance
- c. contemplation, action, maintenance, and relapse
- d. precontemplation, contemplation, preparation, action, maintenance, and relapse

2. Which demographic factor or factors are most associated with sedentary behaviors?

- a. female gender
- b. male gender
- c. low socioeconomic status
- *d. both a and c

3. Known mediators of physical activity among adults include

- a. self-efficacy
- b. social support
- c. interpersonal behavioral processes
- *d. all of these

4. According to the *Guide to Community Preventive Services*, which one of the following domains is *not* a recommended approach for physical activity interventions in communities?

- a. informational approaches
- *b. personal approaches
- c. behavioral and social approaches
- d. policy and environmental approaches
- e. all of these are correct

5. According to Healthy People 2020, what is the minimum amount of aerobic physical activity an adult should achieve?

- a. 30 min of moderate or vigorous activity, 3 d/wk
- b. 90 min of moderate or 60 min of vigorous activity per week
- *c. 150 min of moderate or 75 min of vigorous activity per week
- d. 60 min of moderate or vigorous activity per day

6. Self-efficacy is

- *a. an individual's confidence that he can exercise under a number of circumstances
- b. an individual's ability to exercise under a number of circumstances
- c. an individual's likelihood that he will exercise under a number of circumstances
- d. not associated with an individual's physical activity participation

7. Which of the following is not an essential message in campaigns promoting physical activity?

- a. awareness of preexisting medical problems
- b. appropriate mode of activity
- c. principles of training intensity
- *d. tips on proper footwear
- e. all of these are essential

8. What is the underlying theme of an ecological perspective?

- a. Bike paths encourage people to walk or bike to work.
- *b. Interventions are more effective if they address multiple levels.
- c. The physical environment limits physical activity.
- d. Governmental policies are necessary to increasing physical activity.

9. Physical activity must be at least 20 min in duration to be effective to enhance health.

- a. True
- *b. False

10. Cognitive-behavioral theories are not intended to be guides for designing physical activity interventions.

- a. True
- *b. False

11. Lifestyle-based physical activity promotion focuses on activity that encompasses a person's daily routine.

- *a. True
- b. False

12. Patient-Centered Assessment & Counseling for Exercise & Nutrition (PACE) was developed to assist exercise professionals in helping their clients overcome barriers to increasing physical activity.

- a. True
- *b. False

13. Exercise physiologists should be able to address environmental barriers and provide insights into how to overcome these barriers.

- *a. True
- b. False

14. Telling patients what to do to increase physical activity in their lives has been very effective in long-term compliance.

- a. True
- *b. False

15. The use of mobile health devices such as smartphones has been found to be a feasible behavioral approach to promoting physical activity.

- *a. True
- b. False

16. Wellness coaching is an emerging fitness profession that may play a positive role in promoting increased physical activity participation, increasing confidence in participation in health behaviors, and increasing overall quality of life for patients.

- *a. True
- b. False

17. Not having a good support system is a barrier to engaging in physical activity that can be addressed by the clinical exercise physiologist.

- *a. True
- b. False

1. Walking for 30 min/d for 7 d results in a caloric expenditure of about
- a. 500 kcal/wk
 - b. 1,000 kcal/d
 - *c. 1,050 kcal/wk
 - d. 1,050 kcal/d
2. Epidemiological studies suggest a weekly expenditure of _____ kcal will provide health benefits to reduce risk of cardiovascular heart disease.
- *a. 1,000
 - b. 1,500
 - c. 2,000
 - d. 3,000
3. Which of the following is an example of vigorous physical activity?
- a. gardening
 - b. raking
 - *c. playing soccer
 - d. walking
4. Greater musculoskeletal flexibility in older adults has been linked to improved safety when participating in which activity?
- a. bathing
 - b. walking
 - *c. driving
 - d. carrying groceries
5. To prevent weight gain and regain, the U.S. Dietary Guidelines suggest _____ min/d of moderate-intensity physical activity.
- a. 150
 - b. 30
 - c. 120
 - *d. 60 to 90
- [Access Complete Test Bank for Clinical Exercise Physiology 4th Ehrman](#)

6. Self-efficacy is a construct of which theory or model?

- *a. social cognitive theory
- b. health belief model
- c. social support theory
- d. theory of planned behavior

7. The use of incentives to increase participation in physical activity has been shown to be effective in the _____ term but not the _____ term.

- *a. short; long
- b. long; short

8. The clinical exercise physiologist should consult with a behavioral specialist in order to understand the human behavior associated with exercise adherence.

- a. True
- *b. False

9. The benefits of engaging in physical activity include lower rates of cancer, lower body fat, lower physical working capacity, and lower risk of diabetes mellitus.

- a. True
- *b. False

10. Healthy People 2020 has an objective to increase the number of adults who engage in more than 300 min/wk of moderate-intensity physical activity or more than 150 min/wk of vigorous activity.

- *a. True
- b. False

11. There are eight components of health-related fitness.

- a. True
- *b. False

12. Recent approaches to increasing participation in physical activity have put creation of supportive environments on the same level with the development of personal skills.

- *a. True
- b. False