

Test Bank for Foundations of Physical Activity and Public Health 2nd Kohl

1. Physical Activity Versus Exercise

Which of the following descriptions best defines the term *exercise*?

- *a. a specific type of physical activity that is planned, repetitive, and done for a specific purpose
- b. a set of measureable physiological parameters
- c. any movement of the body that results in additional energy expenditure above resting levels
- d. physical attributes related to improved health
- e. physical attributes related to athleticism

2. Physical Fitness Components

All of the following are examples of the components of physical fitness EXCEPT

- a. balance
- b. flexibility
- *c. speed
- d. cardiorespiratory endurance
- e. musculoskeletal fitness

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4. Functional Health and Physical Function

Which of the following terms describes a state of reasonable health but with some disability and includes the maintenance of functional ability and role ability?

- a. physically fit
- b. athletic
- c. physically active
- *d. functional health/physical function
- e. skill-related fitness

5. Kinesiology Disciplines and Exercise Testing

Examining the effect of running and the euphoric "runner's high" on the production of serotonin in the brain is an example of which of the following subdisciplines of kinesiology?

- a. movement sciences
- b. sport and exercise psychology
- c. physical therapy
- d. pedagogy
- *e. exercise physiology

6. Type of Physical Activities

_____ activities last for 3 to 15 minutes and require high levels of oxygen delivery to the working muscles.

- *a. Aerobic power
- b. Aerobic capacity
- c. Anaerobic power
- d. Anaerobic capacity

7. Type of Physical Activities 2

_____ activities stress the ability to maintain a high percentage of VO_2max for extended periods (i.e., 20 minutes or longer).

- a. Aerobic power
- *b. Aerobic capacity
- c. Anaerobic power
- d. Anaerobic capacity

8. Intensity of Physical Activities

Absolute intensity is often expressed as

- a. a percentage of aerobic power
- b. a percentage of max heart rate or max heart rate reserve
- *c. walking at 4 miles per hour or jogging at 5 miles per hour
- d. a percentage of 1-repetition maximum
- e. ratings of perceived exertion

9. Intensity of Physical Activities 2

Which of the following intensities is associated with physical activity or exercise at moderate intensity?

- a. >8 METs
- b. 7-8 METs
- c. 6-7 METs
- *d. 3-5 METs
- e. <3 METs

10. Applying Physical Activity and Training Principles

Which of the following terms refers to the loss of health or fitness outcomes after the cessation of a regular program of physical activity or exercise?

- a. specificity
- b. overtraining
- c. periodization
- d. recovery
- *e. detraining

11. FITT Concept

FITT stands for frequency, intensity, time, and type.

- *a. True
- b. False

12. Volume of Training

Total caloric expenditure is not influenced by the volume (or dosage) of training (physical activity or exercise) that one accumulates over time.

- a. True
- *b. False

13. Energy Expenditure

Resting energy expenditure while sitting at rest is equal to about 1 MET.

- *a. True
- b. False

14. Types of Physical Activity or Exercise Training

Interval training requires an individual to work at a higher intensity for a few seconds or minutes followed by working at lower (recovery) intensities for the same amount of time.

- *a. True
- b. False

15. Type of Physical Activity

Dynamic physical activity or exercise requires muscle-shortening (concentric) and muscle-lengthening (eccentric) movements.

- *a. True
- b. False

16. Dose-Response Benefits

What term refers to the amount of physical activity needed to achieve health, fitness, or performance goals?

Correct Answer:
dose-response

17. Accumulation

What term refers to acquiring a specific dose of physical activity or exercise, or achieving a physical activity or exercise goal, by performing several shorter bouts and adding them up (e.g., three bouts lasting 10 minutes each to achieve 30 minutes of daily physical activity)?

Correct Answer:
accumulation

18. Anaerobic Activities

Which type of activity requires the use of nonoxidative energy systems (energy-producing reactions in the body that do not require oxygen), which allows one to work more effectively at high intensities for short durations?

Correct Answer:
anaerobic

19. Progression and Adaptation

What term refers to cycles of FITT variables, the volume of physical activity and exercise, and recovery time?

Correct Answer:

progression/adaptation

20. Compliance

What term refers to people's ability to continue to participate in regular physical activity or exercise programming?

Correct Answer:

compliance