

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) Total wellness can be achieved by balancing _____
A) all eight components of wellness. B) physical and mental health.
C) diet and exercise. D) cardiorespiratory fitness and flexibility.
- 2) _____ is defined as a state of optimal health, which encompasses physical, emotional, intellectual, spiritual, social, environmental, occupational, and financial health.
A) Wellness B) Well-being C) Health D) Fitness
- 3) Financial wellness can enhance _____
A) career prospects.
B) emotional, social, and occupational wellness.
C) physical, intellectual, and emotional health.
D) the ability to attain a high level of physical fitness.
- 4) One way to maintain _____ health is by keeping your mind active through life-long learning.
A) emotional B) spiritual C) intellectual D) social
- 5) *Healthy People 2020* is best described as a _____
A) government-sponsored health care insurance plan.
B) set of health guidelines for all U. S. citizens of high school age.
C) report by the National Institutes of Health projecting the state of U.S. citizens' health by 2020.
D) set of national wellness goals to improve the health of all Americans.
- 6) Which of the following is *not* considered to be a health benefit of exercise?
A) reduced risk of diabetes B) reduced risk of kidney disease
C) reduced risk of cardiovascular disease D) reduced risk of bone loss with age
- 7) Diabetes is a disease characterized by _____
A) low blood glucose levels. B) high blood glucose levels.
C) low red blood cell counts. D) high white blood cell counts.
- 8) Any movement of the body produced by skeletal muscle that results in energy expenditure is termed _____
A) exercise. B) physical activity.
C) fitness. D) exertion.
- 9) Weight-bearing activities are particularly important for _____
A) increasing bone density. B) reducing the risk of CVD.
C) lowering blood glucose levels. D) reducing the risk of lung cancer.
- 10) What is osteoporosis?
A) high blood sugar B) high blood pressure
C) loss of bone mass and strength D) loss of muscle mass and strength

- 11) Which of the following is *not* considered to be one the five major components of health-related physical fitness? 11) _____
A) agility B) body composition
C) muscular strength D) cardiorespiratory endurance
- 12) Individuals who have achieved a high level of _____ are capable of performing 30 to 60 minutes of vigorous exercise without undue fatigue. 12) _____
A) flexibility B) muscle strength
C) cardiorespiratory fitness D) muscle endurance
- 13) Muscular _____ is defined as the ability of a muscle to generate force over and over again. 13) _____
A) conditioning B) strength C) endurance D) repetition
- 14) _____ refers to the relative amounts of fat and lean tissue found in the body. 14) _____
A) Body composition B) Bone mass
C) Genetic predisposition D) Adipose mass
- 15) The maximal ability of a muscle to generate force is known as muscular 15) _____
A) contraction. B) range of motion.
C) endurance. D) strength.
- 16) Consuming a nutrient-dense diet, managing stress, and exercising regularly are examples of 16) _____
A) athletic achievements. B) good genetics.
C) healthy behaviors. D) poor lifestyle choices.
- 17) A person who smokes and has no desire to stop smoking is in which stage of change? 17) _____
A) preparation B) maintenance
C) precontemplation D) contemplation
- 18) The _____ model is a framework for understanding how individuals move toward adopting and maintaining health behavior changes. 18) _____
A) stages of change B) *Healthy People 2020*
C) interval training D) SMART
- 19) Heather has lost 30 pounds and kept it off for 6 years. She is currently in the _____ stage of change in regard to weight loss. 19) _____
A) action B) maintenance C) termination D) preparation
- 20) A good first step in changing unhealthy behaviors is to 20) _____
A) assess your habits and select one target behavior to change.
B) plan to make several lifestyle changes all at the same time.
C) make a list of the things that you don't like about yourself.
D) keep your plans to yourself until you achieve success.
- 21) Which of the following is a psychological concept that describes how strongly people believe that they have control over events in their lives? 21) _____
A) assertiveness B) emotional resilience
C) self-esteem D) locus of control

- 22) Positive role models, visualization, and social support are ways to increase your _____ for behavior change. 22) _____
 A) self-efficacy B) vulnerability C) contemplation D) motivation
- 23) Completing a written contract to record your behavior change goals and your plan for change helps to identify 23) _____
 A) barriers to success and strategies you can use to overcome these barriers.
 B) the points at which you will have the opportunity to postpone your desired changes.
 C) how others feel about the change(s) you want to make.
 D) the consequences you will experience if you do not meet your goals.
- 24) A commonly used strategy to assist with behavior modification is 24) _____
 A) setting specific short- and long-term goals.
 B) setting broad, general goals to allow the most flexibility.
 C) engaging in negative self-talk if you deviate from your plan.
 D) postponing behavior change until after your next doctor's appointment.
- 25) SMART stands for _____, measurable, attainable, _____ and time frame. 25) _____
 A) specific; realistic B) simple; reliable
 C) specific; rational D) simple; repeatable
- 26) Charles has decided that for every 5 pounds he loses in the next 6 months, he's going to splurge on a new t-shirt to show off his sculpted muscles. What behavior modification strategy is Charles using? 26) _____
 A) self-monitoring B) reward for goal achievement
 C) relapse prevention D) substituting
- 27) Conditions or situations that may prevent a person from making a behavior change are called 27) _____
 A) barriers. B) challengers. C) diversions. D) relapses.
- 28) The process of anticipating problems or setbacks that may occur as part of behavior change is 28) _____
 A) relapse prevention. B) unnecessary worry.
 C) alternate planning. D) counteraction.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 29) Physical wellness is defined as all the behaviors that keep your body healthy, including achieving physical fitness and maintaining a healthy body weight. 29) _____
- 30) The cornerstone of emotional health is excellent physical fitness. 30) _____
- 31) Engaging in healthy behaviors related to one or two aspects of wellness will guarantee a high level of total wellness. 31) _____
- 32) Factors other than behavior, such as ethnicity, gender, and family history can also affect your health and risk for certain diseases. 32) _____
- 33) The *Healthy People 2020* initiative is a set of health goals aimed at attaining higher-quality, longer lives for all Americans. 33) _____

- 34) Physical activity includes only physical movement that requires a high energy level. 34) _____
- 35) Regular exercise can reduce your risk of heart disease. 35) _____
- 36) Regular exercise does *not* reduce the risk of developing type 2 diabetes. 36) _____
- 37) Untreated diabetes can result in blindness. 37) _____
- 38) Regular exercise has little effect on a person's risk for osteoporosis. 38) _____
- 39) Research has shown that regular physical activity and exercise can increase longevity. 39) _____
- 40) Flexibility is the ability to move joints freely through their full range of motion. 40) _____
- 41) Muscular strength and muscular endurance are terms used to describe how much weight can be moved by a given muscle or muscle group during one maximal effort. 41) _____
- 42) Aerobic fitness and cardiorespiratory fitness are alternate ways of describing cardiorespiratory endurance. 42) _____
- 43) Lifestyle choices have little effect on a person's risk for cancer and other chronic diseases. 43) _____
- 44) Changes in behavior usually occur over three stages. 44) _____
- 45) Taking steps to plan and get ready for a behavior change occurs during the preparation stage. 45) _____
- 46) Self-esteem is the belief that you can accomplish a specific goal or task. 46) _____
- 47) A person who is unrealistically optimistic about their risk for lifestyle-related health problems is exhibiting low self-efficacy. 47) _____
- 48) Setting SMART goals increases your chance of success in changing unhealthy behaviors. 48) _____

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 49) Explain the term *body composition*.
- 50) Compare and contrast exercise and physical activity.
- 51) Define *cardiorespiratory endurance* and explain the amount of exercise necessary to maintain a high level of cardiorespiratory endurance.
- 52) List at least five major health benefits of regular exercise.
- 53) List and define the five components of health-related fitness.
- 54) List and describe the six stages of behavior change.

55) List some specific steps you could take to start increasing your physical activity every day.

Answer Key

Testname: UNTITLED1

- 1) A
- 2) A
- 3) B
- 4) C
- 5) D
- 6) B
- 7) B
- 8) B
- 9) A
- 10) C
- 11) A
- 12) C
- 13) C
- 14) A
- 15) D
- 16) C
- 17) C
- 18) A
- 19) C
- 20) A
- 21) D
- 22) D
- 23) A
- 24) A
- 25) A
- 26) B
- 27) A
- 28) A
- 29) TRUE
- 30) FALSE
- 31) FALSE
- 32) TRUE
- 33) TRUE
- 34) FALSE
- 35) TRUE
- 36) FALSE
- 37) TRUE
- 38) FALSE
- 39) TRUE
- 40) TRUE
- 41) FALSE
- 42) TRUE
- 43) FALSE
- 44) FALSE
- 45) TRUE
- 46) FALSE
- 47) FALSE
- 48) TRUE
- 49) The term *body composition* refers to the relative amounts of fat and lean body tissue found in the body.

Answer Key

Testname: UNTITLED1

- 50) Physical activity encompasses all types of physical movement. Exercise is a type of physical activity that is planned, structured, and designed to maintain or improve physical fitness. Exercise can involve activities that range from low to high intensity.
- 51) Cardiorespiratory endurance (sometimes called *aerobic fitness* or *cardiovascular fitness*) is an important component of physical fitness. Cardiorespiratory fitness is a measure of the heart's ability to pump blood to the working muscles during exercise and the muscles' ability to take up and use the oxygen to produce energy for prolonged exercise. A person with a high level of cardiorespiratory endurance can perform 30 to 60 minutes of vigorous exercise without undue fatigue.
- 52) Answers should include at least five of the following health benefits of regular exercise:
- Reduces the risk of heart disease
 - Reduces the risk of diabetes
 - Reduces cancer risk
 - Increases bone mass
 - Delays the effects of aging
 - Increases longevity
 - Improves psychological well-being
- 53) (1) Cardiorespiratory endurance: a measure of the heart's ability to pump blood to the working muscles and the ability of the muscles to take up and use the oxygen to produce energy for prolonged exercise. (2) Body composition: the relative amounts of fat and lean body tissue found in the body. (3) Muscular strength: the maximal ability of a muscle to generate force. (4) Muscular endurance: the ability of a muscle to generate force over and over again. (5) Flexibility: the ability to move joints freely through their full range of motion.
- 54) (1) Precontemplation: a person does not plan to change his/her unhealthy behavior and may not even be aware that it is unhealthy. (2) Contemplation: a person is aware of the need to change and intends to do so within the next several months. (3) Preparation: a person is getting ready to make the change within the next 30 days. (4) Action: a person is actively doing things to bring about behavior change. (5) Maintenance: a person sustains the behavior change (which has become a habit) for at least 6 months. (6) Termination: a person has maintained a behavior for more than 5 years.
- 55) Answers may vary, but could include:
- Get a pedometer and keep track of your steps, with a goal of walking 10,000 steps per day.
 - Keep a record of your progress in writing or by using a fitness app.
 - Take advantage of every opportunity to get exercise where possible, including taking the stairs instead of the elevator or escalator; walking, not driving, to classes, work, and other activities.
 - Do exercises in your dorm, apartment, or living room.
 - Try out a fitness DVD or online fitness video.
 - Invite a friend to join you in your physical activities.
 - Reward yourself for increased physical activity/exercise, but do so in a meaningful way that does not undermine your progress.