



1. True or false? All physical activity is exercise.
  - A) True
  - B) False
  
2. Which of the following is not a component of physical fitness?
  - A) Muscle strength
  - B) Flexibility
  - C) Power
  - D) Ability
  
3. Cureton's primary area of research was:
  - A) CVD
  - B) Fitness training
  - C) ACL Injuries
  - D) Diabetes
  
4. The relationship between PA and risk of CVD is:
  - A) Inverse
  - B) Direct
  - C) Null
  - D) Unknown
  
5. \_\_\_\_\_ muscle contraction involves no change in the joint angle.
  
6. True or false? Body composition is a component of health related fitness.
  - A) True
  - B) False
  
7. Skill related fitness is also known as \_\_\_\_\_ fitness.
  
8. The ACSM/CDC joint position statement recommends moderate-intensity physical activity be performed how often?
  - A) 5 days/week
  - B) Every other day/week
  - C) Most days/week
  - D) 4 days/week
  
9. The Physical Activity Guidelines call for \_\_\_ minutes of moderate intensity physical activity spread throughout the week.

10. The percentage of American children who are obese has increased by \_\_\_\_ times since the 1970s.
  - A) 5 to 7
  - B) 2 to 4
  - C) 10
  - D) None; it has stayed the same.
  
11. True or false? Physical activity has been noted to provide greater protective benefits against heart disease in older adults, rather than adults.
  - A) True
  - B) False
  
12. Sudden cardiac death related to moderate intensity exercise is:
  - A) Rare
  - B) Common
  - C) Unknown
  - D) The two are not related.
  
13. The most popular exercise in the United States is \_\_\_\_\_.

## Answer Key

1. B
2. D
3. B
4. A
5. Isometric
6. A
7. performance-related/performance related
8. A
9. 150
10. B
11. A
12. A
13. walking

1. True or false? One of the main purposes of preparticipation screening is to minimize risk of physical activity.
  - A) True
  - B) False
  
2. Which is not part of a usual preparticipation screening?
  - A) Heart rate assessment
  - B) Resting blood pressure assessment
  - C) ECG assessment
  - D) Demographic data
  
3. Which is not considered a typical reason to conduct a preparticipation screening?
  - A) To identify those with medical contraindications
  - B) To generate income for an individual or facility
  - C) To benchmark for goal setting
  - D) To identify those with significant, but nonlimiting medical concerns.
  
4. While preparticipation screenings are not legally mandated, the HFS should \_\_\_\_\_ offer screenings to clients.
  
5. The PAR-Q is recommended as a minimal standard for entry into which type of activity:
  - A) Light
  - B) Easy
  - C) Moderate
  - D) Vigorous
  
6. One notable limitation of the PAR-Q is:
  - A) Limited effectiveness to screen low- to moderate-risk individuals

- B) Less sensitive toward men vs. women
  - C) Less sensitive toward women vs. men
  - D) Less sensitive toward older individuals
7. At minimum, a Health History Questionnaire should assess:
- A) Client's family history of disease
  - B) Client's surgical history
  - C) Client's current use of medications
  - D) All of the above.
8. A physician-led medical exam is only recommended when a client is considered to be at \_\_\_\_\_ risk for exercise.
9. True or false? According to ACSM Risk Factor Thresholds, being a female over 45 years old is considered a positive risk factor.
- A) True
  - B) False
10. According to ACSM Risk Factor Thresholds, which is not considered a positive risk factor toward exercise participation?
- A) Hypertension
  - B) Fasting blood glucose greater than 100 mg dL<sup>21</sup>
  - C) BMI of 25.0 to 29.9 kg m<sup>22</sup>
  - D) Current cigarette smoker
11. The only “negative” risk factor that can be identified during preparticipation screening is:
- A) Low LDL cholesterol (<100 mg dL<sup>21</sup>)
  - B) Low resting blood pressure
  - C) High HDL cholesterol ( $\geq$  60 mg dL<sup>21</sup>)
  - D) High resting blood pressure
12. Important signs of an individual at high risk for cardiovascular, pulmonary, or metabolic (CPM) disease include all except:
- A) Persistent chest, neck, jaw, or arm pain, particularly accompanying physical exertion
  - B) Syncope, fainting, or dizziness during exercise
  - C) Unusual fatigue or shortness of breath during light exercise or normal activity
  - D) All of the above are signs of potential CPM disease