



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
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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 dL²¹
 - C) BMI of 25.0 to 29.9 kg m²²
 - D) Current cigarette smoker
11. The only “negative” risk factor that can be identified during preparticipation screening is:
- A) Low LDL cholesterol (<100 mg dL²¹)
 - B) Low resting blood pressure
 - C) High HDL cholesterol (\geq 60 mg dL²¹)
 - 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