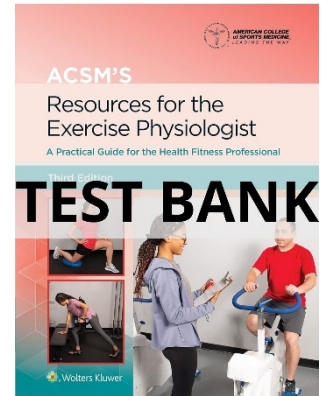


Test Bank, Chapter 1, Understanding Physical Activity and Exercise

1. The statement “any bodily movement produced by contracting skeletal muscles (voluntary muscle contractions), with a concomitant increase in energy expenditure” best defines:
- A) exercise.
 - B) health-related fitness.
 - C) skill-related fitness.
 - D) physical activity.

Ans: D



2. PA is best defined as “any bodily movement produced by contracting skeletal muscles (voluntary muscle contractions), with a concomitant increase in energy expenditure”. What factor(s) determine total amount of caloric expenditure with PA?
- A) Total muscles mass involved with the movement
 - B) Frequency, intensity, and duration of muscle contractions
 - C) Anaerobic and/or aerobic activities
 - D) A and B
 - E) B and C

Ans: D

3. Is the following statement true or false? “PA is a planned, structured, and repetitive behavior that is performed for the purpose of improving or maintaining physical fitness.”
- A) True
 - B) False

Ans: B

4. A potential client would like to improve overall health. After consult, this client rarely exceeds 1.5 METs and has no prior experience with exercise. Would you begin an exercise training program for this client to improve general health?
- A) Yes, exercise is known to promote health benefits for sedentary populations.
 - B) Yes, however, the exercise training would begin at low to moderate intensity and consist of exercise bouts that require minimal skills/experience.
 - C) No, the client is not fit to begin exercise training because the client may not be able to complete low-to moderate-intensity exercise bouts.
 - D) No, the most practical first step would be to engage in PA prior to exercise training.

Ans: B

5. Work presented by Morris and colleagues was the first to describe which of the following among double-decker bus workers in London, England?
- A) Resistance training is associated with reduce the risk of sarcopenia.
 - B) Weight-bearing exercise is associated with reduced the risk of osteoporosis.

- C) High-intensity interval training is associated with improved .
- D) Greater amounts of PA were associated with reduced risks of CVD.

Ans: D

6. Regular PA has been shown to improve health and well-being. Specifically, PA has been shown to prevent or minimize weight gain and reduce the incidence of CVD and mortality. In addition, increased energy expenditure with increasing PA has also been shown to:
- A) reduce the risk of various cancers (*i.e.*, breast, colon, kidney cancers).
 - B) prevention of Type 2 diabetes.
 - C) improve cognition and reduce risk of cognitive impairment.
 - D) A and B
 - E) All the above

Ans: E

7. A pediatrician requests a consult for a client who is currently in the first trimester of pregnancy. The pregnant client would like to continue PA during this time. However, she was advised to rest and not perform PA during pregnancy. Are there any risks to PA during pregnancy?
- A) PA during pregnancy does not come with any risks and only provides benefits to reduce risk of excessive weight gain and decreases the risk of preterm delivery.
 - B) The risks are minimal. Adjustments to type and amount of PA will likely be necessary due to the anatomical and physiological changes.
 - C) Current recommendations of PA for women during pregnancy is at least 150 minutes of aerobic PA of moderate intensity per week.
 - D) B and C

Ans: D

8. The landmark paper by Troiano and colleagues which reported objective assessment of physical activity (using accelerometers) among a nationally representative sample of American adults found _____% of American adults were meeting the PA recommendations.
- A) <5
 - B) ≈25
 - C) ≈50
 - D) >75

Ans: A

9. As an ACSM- EP®, you were asked to consult a potential client to begin exercise training. However, you requested that the client perform baseline exercise testing prior to beginning the exercise training. What exercise test would you perform?
- A) Maximal treadmill test is a low-risk method to determine baseline cardiorespiratory fitness.
 - B) Submaximal test is generally considered safe for most asymptomatic individuals and can be used to determine baseline cardiorespiratory fitness.
 - C) None, the subject should first be consulted by a medical doctor to determine risk of cardiac events

during exercise testing.

- D) There are no risks, and the subject can perform either submaximal and/or maximal- to- vigorous-intensity exercise testing.

Ans: B

10. Your client is considered hypertensive. What are benefits of PA among individuals with hypertension?

- A) Reduced blood pressure and risk of progression of CVD
B) Hypertensive patients do not benefit from PA.
C) Decreased cholesterol
D) Moderate PA in hypertensive individuals may increase the risk of cardiac events.

Ans: A

11. A child of 10 years of age should engage in at least 60 minutes of PA activity per day. At least 3 days of the week of their portion of 60 minutes should incorporate which of the following?

- A) Activities that improve bone health
B) Activities that increase muscular strength
C) Activities that enhance aerobic capacity
D) B and C
E) All the above

Ans: E

12. Sara wants to engage in more PA. She lives in a major city, there are no parks nearby, and she feels unsafe walking in her neighborhood. What is a barrier keeping her from meeting the PA recommendations?

- A) Lack of motivation
B) Geographic location
C) Lack of time
D) Fear of injury

Ans: B

13. True or false? Childhood obesity is a major health concern that increases the risk of diabetes, hyperlipidemia, and hypertension. In addition, childhood obesity may result in detrimental behavioral, social, and economic effects.

- A) True
B) False

Ans: A

14. Sara wants to engage in more PA. sShe lives in a major city, there are no parks nearby, and she feels

unsafe walking in her neighborhood. What is a safe way for Sara to increase her PA despite barriers she encounters?

- A) Go running in her neighborhood
- B) Reduce her time sleeping
- C) Take the stairs instead of the elevator up to her apartment
- D) Walk to a farther bus stop

Ans: C

15. The first epidemiological study that proved PA leads to beneficial health outcomes was done in London, England, and compared more active bus conductors to less active bus drivers. What type of relationship was inferred about this observation regarding PA and CVD?

- A) An inverse relationship
- B) A linear relationship
- C) No relationship
- D) An exponential relationship

Ans: A

16. What is not an aspect of the 2018 Physical Activity Guidelines for older adults?

- A) Move more and sit less
- B) Muscle strengthening of all major muscle groups on 2 or more days a week
- C) 60 minutes of moderate or vigorous PA per day
- D) Balance training

Ans: C

17. Anna is in her first trimester. Prior to her pregnancy, she engaged in vigorous-intensity aerobic activity 3 days per week. What should Anna's exercise routine include now?

- A) Switch to low-intensity PA
- B) Continue her vigorous-intensity aerobic activity
- C) Stop exercising until she is postpartum
- D) More abdominal exercises

Ans: B

18. In 2015, a U.S. Surgeon General public health report outlined the positive effects of enhancing both the physical and emotional health of adolescents to increase the chances of a successful and healthy adulthood. What factors were reported to negatively impact social, behavioral, and economic outcomes?

- A) Excess consumption of sugary beverages
- B) Less than 7 hours of sleep
- C) Less than 7 hours of daily screen time
- D) More than 4 hours of video games
- E) All the above