

# Introduction to Exercise Science and Health Promotion

## Chapters 10, 11 & 12

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### True or False (Write out)

1. \_\_\_\_\_ School physical education programs have unique and important contributions to make to the learning of students.
2. \_\_\_\_\_ Professionals in careers in the exercise and sport sciences need to provide quality programs in specialized settings to prove that a higher degree of competence is needed to fulfill the responsibilities of these careers than may currently be the case.
3. \_\_\_\_\_ The win-at-all-costs attitude so pervasive in youth sports can be attributed mostly to adults.
4. \_\_\_\_\_ Obesity is a major health issue for individuals of all ages in the United States.
5. \_\_\_\_\_ Physical activity can serve as a preventive measure for both disease and degeneration for senior citizens.
6. \_\_\_\_\_ Since most individuals continue their participation once they begin to exercise, adherence to physical activity is not an issue.
7. \_\_\_\_\_ Senior citizens and individuals with special needs have equal sporting opportunities in comparison with other groups.
8. \_\_\_\_\_ Leaders should have integrity, communicate effectively, build and nurture strong relationships with people, be visionary and creative, establish, maintain, and model high standards of performance, and be intelligent and competent.
9. \_\_\_\_\_ According to the American Heart Association, high blood pressure, smoking, high blood cholesterol, and physical inactivity are significant contributors to heart disease.
10. \_\_\_\_\_ Participation in regular physical activity boosts a person's energy level.
11. \_\_\_\_\_ Professionals in physical education, exercise science, and sport careers are accountable for the quality of their programs as well as responsible for promoting the importance of what they do.
12. \_\_\_\_\_ Year-round conditioning programs, specializing in one sport, and coaches' jobs depending on winning are problems associated with some interscholastic sport programs.

13. \_\_\_\_\_ Setting realistic goals is an important factor in adherence to a physical activity program.
14. \_\_\_\_\_ Because excess weight can easily be gained, it is equally easy to lose excess weight.
15. \_\_\_\_\_ Due to physical limitations, older adults should not engage in highly competitive sports or vigorous physical activities.
16. \_\_\_\_\_ Traditionally both physiological and societal factors have contributed to the inequality that many women experienced when seeking to compete in sports.
17. \_\_\_\_\_ Title IX of the 1972 Education Amendments influenced an increase in the number of girls and women in sport competitions in high schools and colleges in the 1980s.

### Multiple Choice

18. When coping with career burnout, which approach can help deal effectively or cope with stressors?
  - A. Physical approach
  - B. Mental approach
  - C. Social approach
  - D. All the above
  - E. None of the above
19. Which of the following is not a factor in promoting adherence to exercise programs?
  - A. Implementing an individualized and progressive program
  - B. Periodically assessing progress
  - C. Setting realistic goals
  - D. Working out with another person for support and encouragement
  - E. All of the above are important for adherence to exercise programs.
20. All of the following are characteristic of leaders except
  - A. Integrity
  - B. Effective communication skills
  - C. Strong social skills
  - D. Incompetence
  - E. Intelligence
21. Which of the following is not a challenge facing professionals in exercise science?
  - A. Expense of corporate programs
  - B. Funding shortages for public programs
  - C. Lack of access to fitness programs by some minorities, females, seniors, or individuals with special needs
  - D. Lack of fitness program adherence by participants
  - E. All of the above are challenges.

22. Concerning girls and women in sport, which of the following is true?
- A. More females than males compete on athletic teams in schools and colleges.
  - B. Recreation programs provide equally for both genders.
  - C. Since Title IX was enacted, a larger percentage of women coach and administer athletic teams and programs for girls and women.
  - D. Societal attitudes still impede full acceptance of female athletes.
  - E. Women's and men's intercollegiate programs have achieved equal status throughout the United States.
23. Which of the following is a major problem in many youth sport programs today?
- A. An overemphasis on winning
  - B. Emphasis on fun
  - C. Intrinsic motivation
  - D. Learning and playing several sports
  - E. Participation for all
24. Repetitiveness of a task, role conflict, or the lack of potential for advancement contribute to
- A. Activity program adherence
  - B. Career burnout
  - C. Lack of accreditation
  - D. Lack of certification
  - E. Merit pay
25. Which of the following would not be a benefit of a school physical education program?
- A. Develop movement skills
  - B. Improve self-confidence, self-esteem, and self-control
  - C. Improve muscular strength, flexibility, and cardiorespiratory endurance
  - D. Promote positive, lifelong physical activity
  - E. All of the above should be benefits.
26. Which of the following is a valued outcome of youth sports programs?
- A. Coaches following college and professional models in designing practices.
  - B. Competitions among the best athletes, such as providing funding for only travel or elite teams.
  - C. Specialization in one sport to gain a competitive advantage over other children.
  - D. Starting youth in competitive leagues early.
  - E. None of the above should be emphasized.
27. Which of the following is not a symptom of career burnout?
- A. Constant tension from too little or too much stimulation
  - B. Eating or drinking excessively
  - C. Frustration with task repetitiveness and excessive work demands
  - D. Lessened enjoyment of work and leisure activities
  - E. All of the above are symptoms
28. Which of the following would help eliminate problems associated with youth sports?
- A. Emphasizing playing several sports, not specializing in one sport

- B. Emphasizing winning
- C. Playing every child in each game and in different positions
- D. Teaching and modeling values like cooperation, discipline, fair play, respect, responsibility, sportsmanship, and teamwork
- E. All except B

29. What is a measurement of knowledge, skills, and abilities that leads to the assignment of a value or score?
- A. Assessment
  - B. Competency
  - C. Goal
  - D. Problem solving
  - E. Standard

**Short Answer**

30. What are **two** approaches highlighted when dealing with career burnout?

31. Describe **two** threats to the integrity of competitive sports.

32. What is leadership?

33. The American Heart Association stresses the importance of physical activity. List **three** values of physical activity.

34. Give **one** opportunity and **one** challenge in Exercise Science?, be specific to our text and class conversation.

35. What is a SMART goal, identify, define and give an example

**Matching**

- 36. \_\_\_\_\_ Leaders display remarkable abilities or attributes because they are genetically predisposed to become leaders.
- 37. \_\_\_\_\_ Leaders emerge in specific circumstances.
- 38. \_\_\_\_\_ Leaders take action based on organizational goals, structures, and performance.
- 39. \_\_\_\_\_ Leaders with a charismatic or military prowess characteristic.
- 40. \_\_\_\_\_ Leaders with vision, who set high goals and create commitment through shared values.
- 41. \_\_\_\_\_ Leaders who learn leadership, defined by what they do and how they act.
- 42. \_\_\_\_\_ Successful leaders have the ability to effectively manage themselves and their relationships with others.
- 43. \_\_\_\_\_ The importance of measuring knowledge, skills and abilities is applicable to many fields.
- 44. \_\_\_\_\_ Students and professionals can rightfully be expected to conform to a uniform criterion or minimum essential performance as a measurement of quality
- 45. \_\_\_\_\_ The expectation is that professionals should be held responsible for achieving a specific level of performance.

A. Accountability	D. Great Man	G. Assessment	J. Pacesetting	M. Laissez-Faire
B. Experiential Learning	E. Great Trait	H. Transformational or Relationship	K. Transactional or Management	N. Satisfying Aspects
C. Standard	F. Behavioral	I. Emotional Intelligence	L. Situational	O. Burnout

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