

Introduction to Exercise Science and Health Promotion

Quiz 2

Multiple Choice Questions

1. Expecting students to demonstrate good sportsmanship during class activities is an example of which type of physical education objective?
 - A. Affective
 - B. Cognitive
 - C. Nationalistic
 - D. Naturalistic
 - E. Psychomotor
2. In designing and implementing a fitness program, what are the four most important principles to implement?
 - A. Frequency, intensity, time, and type
 - B. Frequency, progression, rest, and individualization
 - C. Intensity, progression, specificity, and reversibility
 - D. Intensity, time, progression, and specificity
 - E. Time, type, variety, and recovery
3. Which of the following is not related to skill-related physical fitness?
 - A. Agility
 - B. Balance
 - C. Coordination
 - D. Reaction time
 - E. All of the above are related to skill-related physical fitness.
4. Which of the objectives for physical education, exercise science, and sport includes the evaluation, application, synthesis, analysis, comprehension, and acquisition of knowledge?
 - A. Affective
 - B. Cognitive
 - C. Health-related physical fitness
 - D. Psychomotor
 - E. Skill-related physical fitness
5. 3. In which of the exercise and sport sciences do specialists study achievement motivation, arousal, attribution, and personality development?
 - A. Exercise physiology
 - B. Motor development
 - C. Motor learning
 - D. Sport and exercise psychology
 - E. Sport biomechanics

6. Which of the following is a characteristic of skill-related physical fitness?
 - A. Balance
 - B. Frequency
 - C. Intensity
 - D. Muscular strength
 - E. Perceptual-motor skills

7. Specialists in this exercise and sport science study the mechanical principles of force application and absorption, leverage, and stability.
 - A. Athletic training
 - B. Sport biomechanics
 - C. Sport management
 - D. Sport and exercise psychology
 - E. Sport sociology

8. Monitoring of oxygen uptake and exhalation of carbon dioxide, measuring heart rate and function, and analyzing the chemical activities of the body during exercise are examples of research in this exercise and sport science.
 - A. Athletic training
 - B. Exercise physiology
 - C. Motor learning
 - D. Sport biomechanics
 - E. Sport and exercise psychology

9. Which of the exercise and sport sciences is the study of the causes and consequences of bodily functioning and changes occurring due to physical activity?
 - A. Exercise physiology
 - B. Athletic training
 - C. Motor development
 - D. Motor learning
 - E. Sport biomechanics

10. Which of the following responsibilities is an athletic trainer not expected to complete?
 - A. Assess injuries
 - B. Design and help implement conditioning programs
 - C. Use preventive taping
 - D. Use treatment modalities
 - E. An athletic trainer would be expected to fulfill all of these responsibilities.

11. Which association establishes professional standards for the prevention, diagnosis, treatment, and rehabilitation of sports injuries?
 - A. American Alliance for Health, Physical Education, Recreation and Dance
 - B. American College of Sports Medicine
 - C. American Council on Exercise
 - D. National Athletic Trainers' Association
 - E. National Strength and Conditioning Association

12. Members of this association facilitate research associated with physical activity, athletic training, and exercise physiology.
 - A. Amateur Athletic Union
 - B. American College of Sports Medicine
 - C. American Council on Exercise
 - D. National Intramural-Recreational Sports Association
 - E. National Recreation and Park Association

13. What would be the most typical undergraduate major for someone who wishes to become a strength training and conditioning coach?
 - A. Athletic training
 - B. Coaching
 - C. Exercise science
 - D. Sport management
 - E. Teaching

14. What is the principle of training that is defined changing equipment, exercises, and activities to avoid boredom, reduce risk of overuse injuries, and increase motivation or adherence?
 - A. Regularity
 - B. Overload
 - C. Progression
 - D. Variety
 - E. Individualism

15. Which of the following describes the principle of training that is defined as placing increasing amounts of stress on the body to cause adaptations that improve fitness?
 - A. Regularity
 - B. Overload
 - C. Progression
 - D. Variety
 - E. Individualism

True / False Questions

1. 14. Sportsmanship, discipline, self-confidence, and stress management are desirable affective outcomes of physical education, exercise science, and sport programs.
TRUE or FALSE
2. 15. Daily physical education is currently required for all students in kindergarten through the twelfth grade throughout the United States.
TRUE or FALSE
3. 16. The number and percentage of individuals in the United States with obesity is increasing annually.
TRUE or FALSE
4. 17. Increased cognitive involvement in physical education usually leads to a better understanding of the activity and better execution of skills.
TRUE or FALSE

5. 18. Senior citizens should not participate in vigorous activity because of cardiovascular problems, osteoporosis, and arthritis.
TRUE or FALSE
6. One valued outcome of a school physical education program is to help students learn how to achieve and maintain a healthy lifestyle.
TRUE or FALSE
7. According to the research findings of the *2008 Physical Activity Guidelines for Americans*, for most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.
TRUE or FALSE
8. Individuals with chronic medical conditions should avoid physical activity.
TRUE or FALSE
9. Many of the beneficial affects of exercise training from both endurance and resistance activities diminish within two weeks if physical activity is substantially reduced, and benefits disappear within two to eight months if physical activity is not resumed.
TRUE or FALSE
10. A benefit of physical activity is controlling blood pressure.
TRUE or FALSE
11. Lack of motivation, time, money, physical skills, and knowledge prohibit many people's participation in physical activities.
TRUE or FALSE
12. Muscular strength and muscular endurance mean the same thing.
TRUE or FALSE
13. Physical activity must be vigorous, defined as exercising above the target heart rate zone, in order to be beneficial.
TRUE or FALSE
14. Wellness includes the emotional, mental, physical, social, and spiritual factors that lead to an overall state of well-being, quality of life, and ability to contribute to society.
TRUE or FALSE
15. Physical activity, while beneficial, does not reduce the risk of hypertension, colon cancer, and diabetes.
TRUE or FALSE

16. Because dietary factors often affect physical performances, some exercise physiologists conduct research relative to nutritional factors.

TRUE or FALSE

17. Exercise physiologists, sport biomechanists, and athletic trainers may conduct joint research projects concerning ways to prevent the reoccurrence of injuries.

TRUE or FALSE

18. Illustrations of professional involvement would be joining a professional organization, reading its journals, and attending its conferences.

TRUE or FALSE

19. Professional organizations publish journals to disseminate research findings and information that can enhance the learning of individuals in the field.

TRUE or FALSE

20. Physical therapy is the treatment of physical injury or dysfunction using therapeutic exercises and modalities with the goal of restoring normal function.

TRUE or FALSE

Mathching

1. _____ What is a formal body of knowledge discovered, developed, and disseminated through scholarly research and inquiry?
2. _____ What is the art and science of teaching and the study of theories and application of teaching methods?
3. _____ Specialized occupation that requires mastery of knowledge and the meeting of standards demonstrating competence.
4. _____ A tentative assumption, question or statement established to further investigate.
5. _____ Includes an introduction, (an abstract); a review of the literature to explain and analyze previous, related research; methods that describe how the data were collected and analyze; results; and discussion and conclusions.
6. _____ Encompasses the maturation and changes in motor behavior thought life and the factors that affect them.
7. _____ Study of the internal processes associated with movement or repetitive actions that results in changes in response or performance.
8. _____ Promotes quality of life, healthy development, and healthy behaviors across all life stages.
9. _____ Refers to those diseases and health problems associated with physical inactivity and a sedentary lifestyle, known as the sitting disease.
10. _____ Emotional, mental, physical, social and spiritual factors that lead to an overall quality of life
11. _____ Increasing gradually the stress on the muscles so the body can adapt.
12. _____ Placing increasing amounts of stress on the body to cause adaptations that improve fitness.
13. _____ Training exact areas of muscles, energy systems, and ranges of motion to improve fitness.
14. _____ Ensuring optimal amount of rest and sleep to allow for rebuilding tissues and replenishing stored energy.
15. _____ Empahazies the formation of attitudes, appreciations, and values; this domain contains both social and emotional dimensions.

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|------------------------|--------------------------|-------------------|----------------|--------------------------|------------------------|
| A. Pedagogy | B. Recovery | C. Overload | D. Specificity | E. Affective Development | F. Motor Learning |
| G. Healthy People 2020 | H. Cognitive Development | I. Research Study | J. Profession | K. Motor Development | L. Hypokinetic Disease |
| M. Progression | N. Hypothesis | O. Validity | P. Health | Q. Academic Discipline | R. Wellness |

1. Name and describe the five components of health-related physical fitness.

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2.

3.

4.

5.

2. What are the F.I.T.T. principles? List and Define

1.

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4.

3. 10 Take-Away Messages from 2008 Physical Activity Guidelines for Americans

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4. Take one of the 10 and give 3 specific highlights

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