|  |
| --- |
| **True / False** |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. Technology has led to an extreme decline in the physical activities of daily life, resulting in an increase of chronic diseases.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 2. Women who are pregnant or who recently had a baby can engage in moderate exercise of up to 150 minutes a week, even if they were not exercising prior to conception.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 3. Almost 80% of deaths from cardiovascular disease and cancer could be prevented adhering to a healthy lifestyle.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 4. Physically fit individuals have quality lives of longer duration associated with a positive outlook on life.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 5. Non-exercise activity thermogenesis (NEAT) comes from physical activity that makes up the majority of energy expended per day.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 6. Performance-related fitness has five components: agility, balance, coordination, power, reaction time, and speed.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 7. An individual can combine two moderate and two vigorous aerobic activity in the same week for a total of four workouts.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

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| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 8. Health-related fitness has four components: cardiorespiratory endurance, muscular fitness, muscular flexibility, and body composition.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 9. Physical guidelines for children recommend they participate in moderate to vigorous exercise at least 60 minutes (1 hour) per day.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 10. Between 60 and 90 minutes of moderate-intensity physical activity daily is recommended to sustain weight loss for previously overweight people.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | False |

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| --- |
| **Multiple Choice** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 11. Which of the following is the leading cause of preventable deaths in the United States?

|  |  |  |
| --- | --- | --- |
|   | a.  | Physical inactivity |
|   | b.  | Malnutrition |
|   | c.  | Cardiovascular disease |
|   | d.  | Drunk driving |
|   | e.  | Tobacco use |

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| *ANSWER:* | e |

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| 12. Which term refers to the greatest public health threat of physical inactivity in the United States?

|  |  |  |
| --- | --- | --- |
|   | a.  | Inactive Death Syndrome |
|   | b.  | Physical Activity Syndrome |
|   | c.  | Secondary Condition Syndrome |
|   | d.  | Sedentary Death Syndrome |
|   | e.  | Preventable Death Syndrome |

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| *ANSWER:* | d |

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| 13. A recent report by the Organization for Economic Cooperation and Development (OECD) found that the United States outspends every other country in health-care costs and has the highest rate of \_\_\_\_\_ among all 34 OECD countries.

|  |  |  |
| --- | --- | --- |
|   | a.  | heart disease |
|   | b.  | diabetes |
|   | c.  | cancer |
|   | d.  | obesity |
|   | e.  | malnutrition |

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| --- | --- |
| *ANSWER:* | d |

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| 14. \_\_\_\_\_ is defined as a constant and deliberate effort to stay healthy and achieve the highest potential for well-being.

|  |  |  |
| --- | --- | --- |
|   | a.  | Health |
|   | b.  | Disease |
|   | c.  | Risk factors |
|   | d.  | Wellness |
|   | e.  | Fitness |

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| *ANSWER:* | d |

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| 15. What is the leading cause of death in the United States for people in their 20s and 30s?

|  |  |  |
| --- | --- | --- |
|   | a.  | Cancer |
|   | b.  | Cardiovascular disease |
|   | c.  | Drug overdose |
|   | d.  | Accidents |
|   | e.  | Diabetes |

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| --- | --- |
| *ANSWER:* | c |

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| 16. What is the leading cause of death for people between the ages of 1 and 44?

|  |  |  |
| --- | --- | --- |
|   | a.  | Cancer |
|   | b.  | Cardiovascular disease |
|   | c.  | Drug overdose |
|   | d.  | Accidents |
|   | e.  | Diabetes |

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| *ANSWER:* | d |

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| 17. In the context of fitness as preventive medicine, the main emphasis of a fitness program should be on what components?

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| --- | --- | --- |
|   | a.  | Cardiorespiratory endurance and power |
|   | b.  | Muscular fitness and flexibility |
|   | c.  | Agility, balance, and coordination |
|   | d.  | All health-related components |
|   | e.  | Health- and performance-related components |

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| *ANSWER:* | d |

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| 18. Which disease has climbed dramatically in the United States in parallel step with the incidence of obesity?

|  |  |  |
| --- | --- | --- |
|   | a.  | Cardiovascular disease |
|   | b.  | Cancer |
|   | c.  | Diabetes |
|   | d.  | Alzheimer’s |
|   | e.  | Stroke |

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| --- | --- |
| *ANSWER:* | c |

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| 19. Exercise is defined as a type of physical activity that requires \_\_\_\_.

|  |  |  |
| --- | --- | --- |
|   | a.  | an energy expenditure of 150 calories |
|   | b.  | planned, structured, and repetitive bodily movements |
|   | c.  | rapid breathing and a substantial increase in heart rate |
|   | d.  | the expenditure of energy and produces progressive health benefits |
|   | e.  | 30 minutes of activity |

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| --- | --- |
| *ANSWER:* | b |

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| 20. Jesse and Filipe have desk jobs. Jesse, who moves around and stands more often than Filipe, will burn about how many more calories in a day than Filipe?

|  |  |  |
| --- | --- | --- |
|   | a.  | 100 calories |
|   | b.  | 200 calories |
|   | c.  | 300 calories |
|   | d.  | 400 calories |
|   | e.  | 500 calories |

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| *ANSWER:* | c |

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| 21. Based on the U.S. Department of Health and Human Service’s Physical Activity Guidelines for Americans, a person would have to exhibit this amount of physical activity per day to maintain a healthy weight.

|  |  |  |
| --- | --- | --- |
|   | a.  | 20 minutes |
|   | b.  | 30 minutes |
|   | c.  | 45 minutes |
|   | d.  | 60 minutes |
|   | e.  | 150 minutes |

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| *ANSWER:* | d |

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| 22. Josephine has just learned that she is pregnant. She has been vigorously exercising regularly for over 5 years. She can continue exercising as long as she does the following.

|  |  |  |
| --- | --- | --- |
|   | a.  | Talk to her friends about how she is feeling |
|   | b.  | Exercise with a buddy |
|   | c.  | Go at a slower pace |
|   | d.  | Exercise indoors |
|   | e.  | Talk to her health care provider about her activity levels |

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| --- | --- |
| *ANSWER:* | e |

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| 23. According to the U.S. Department of Health and Human Service’s Physical Activity Guidelines for Children and Adolescents, muscular and bone strengthening exercises should be performed at least how often per week?

|  |  |  |
| --- | --- | --- |
|   | a.  | 1 day |
|   | b.  | 2 days |
|   | c.  | 3 days |
|   | d.  | 4 days |
|   | e.  | Should not be performed at all |

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| --- | --- |
| *ANSWER:* | c |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 24. Bruce, with a physically demanding job, can easily burn how many more calories per day compared to Miguel working a sedentary desk job?

|  |  |  |
| --- | --- | --- |
|   | a.  | 300 calories |
|   | b.  | 700 calories |
|   | c.  | 1000 calories |
|   | d.  | 1200 calories |
|   | e.  | 1600 calories |

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| *ANSWER:* | e |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 25. This performance-related component to physical fitness is important for hand–eye or foot–eye movement or the integration of both.

|  |  |  |
| --- | --- | --- |
|   | a.  | Speed |
|   | b.  | Power |
|   | c.  | Coordination |
|   | d.  | Balance |
|   | e.  | Reaction Time |

|  |  |
| --- | --- |
| *ANSWER:* | c |

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| 26. Which of the following activities is considered NEAT?

|  |  |  |
| --- | --- | --- |
|   | a.  | Doing push-ups and sit-ups |
|   | b.  | Running for 20 minutes around a track |
|   | c.  | Lifting weights |
|   | d.  | Casually walking to work |
|   | e.  | Assessing percentage of body fat |

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| --- | --- |
| *ANSWER:* | d |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 27. Examples of light physical activity that have some health benefits include all of the following except \_\_\_\_.

|  |  |  |
| --- | --- | --- |
|   | a.  | unloading the dishwasher |
|   | b.  | performing self-care |
|   | c.  | walking casually |
|   | d.  | climbing the stairs |
|   | e.  | rearranging a drawer |

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| --- | --- |
| *ANSWER:* | d |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 28. The second leading cause of death for people aged 10–34 years is which of the following?

|  |  |  |
| --- | --- | --- |
|   | a.  | Suicide |
|   | b.  | Diabetes |
|   | c.  | Cancer |
|   | d.  | Accidents |
|   | e.  | Stroke |

|  |  |
| --- | --- |
| *ANSWER:* | a |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 29. Regular physical activity has been proven to improve all of the following, except \_\_\_\_.

|  |  |  |
| --- | --- | --- |
|   | a.  | mood |
|   | b.  | cognitive function |
|   | c.  | short-term memory |
|   | d.  | long-term memory |
|   | e.  | creativity |

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| --- | --- |
| *ANSWER:* | d |

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| 30. The Harvard alumni study showed a consistent inverse relationship between \_\_\_\_.

|  |  |  |
| --- | --- | --- |
|   | a.  | skill-related fitness and accidental deaths |
|   | b.  | smoking and diabetes |
|   | c.  | vegetarian diet and cardiovascular health |
|   | d.  | physical fitness and mortality |
|   | e.  | iron supplements and Alzheimer’s disease |

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| --- | --- |
| *ANSWER:* | d |

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| 31. A healthy lifestyle, on average, adds how many years of disability-free life?

|  |  |  |
| --- | --- | --- |
|   | a.  | 2‒3 years |
|   | b.  | 3‒4 years |
|   | c.  | 4‒5 years |
|   | d.  | 5‒6 years |
|   | e.  | 6‒7 years |

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| --- | --- |
| *ANSWER:* | d |

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| 32. What is the current life expectancy in the United States?

|  |  |  |
| --- | --- | --- |
|   | a.  | 69 years |
|   | b.  | 72 years |
|   | c.  | 78.6 years |
|   | d.  | 76.8 years |
|   | e.  | 81.6 years |

|  |  |
| --- | --- |
| *ANSWER:* | c |

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| 33. What is defined as the ability to change body position and direction quickly and efficiently?

|  |  |  |
| --- | --- | --- |
|   | a.  | Muscular endurance |
|   | b.  | Reaction time |
|   | c.  | Muscular flexibility |
|   | d.  | Agility |
|   | e.  | Balance |

|  |  |
| --- | --- |
| *ANSWER:* | d |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 34. According to the U.S. Department of Health and Human Services, what is the minimal recommended amount of physical activity an adult between the ages of 18 and 64 should engage in per week?

|  |  |  |
| --- | --- | --- |
|   | a.  | 90 minutes of moderate-intensity aerobic physical activity |
|   | b.  | 150 minutes of moderate-intensity aerobic physical activity |
|   | c.  | 15 minutes of vigorous-intensity aerobic physical activity |
|   | d.  | 60 minutes of vigorous-intensity aerobic physical activity |
|   | e.  | 150 minutes of low-intensity aerobic physical activity |

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| --- | --- |
| *ANSWER:* | b |

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| 35. What does a “yes” answer on any question on the Health History Questionnaire signal?

|  |  |  |
| --- | --- | --- |
|   | a.  | You need a physician’s approval before you can participate in an exercise program. |
|   | b.  | You definitely should not engage in an exercise program. |
|   | c.  | You are ready to begin your exercise program. |
|   | d.  | You should begin an exercise program only after dieting and losing some weight. |
|   | e.  | You do not need to assess your current level of fitness before starting an exercise program. |

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| --- | --- |
| *ANSWER:* | a |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 36. The ability to produce maximum force in the shortest time is called \_\_\_\_\_\_.

|  |  |  |
| --- | --- | --- |
|   | a.  | speed |
|   | b.  | reaction time |
|   | c.  | power |
|   | d.  | coordination |
|   | e.  | balance |

|  |  |
| --- | --- |
| *ANSWER:* | c |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 37. Energy expended that does not come from basic ongoing body functions (such as digesting food) or planned exercise is categorized as \_\_\_\_\_.

|  |  |  |
| --- | --- | --- |
|   | a.  | basal metabolic rate |
|   | b.  | non-exercise activity thermogenesis |
|   | c.  | physical activity |
|   | d.  | low-intensity aerobic physical activity |
|   | e.  | physical fitness |

|  |  |
| --- | --- |
| *ANSWER:* | b |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 38. What is defined as the ability of the heart, lungs, and blood vessels to supply oxygen to the cells to meet the demands of prolonged physical activity?

|  |  |  |
| --- | --- | --- |
|   | a.  | Cardiorespiratory endurance |
|   | b.  | Speed |
|   | c.  | Coordination |
|   | d.  | Power |
|   | e.  | Muscular fitness |

|  |  |
| --- | --- |
| *ANSWER:* | a |

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| 39. How much physical activity should children and adolescents do every day?

|  |  |  |
| --- | --- | --- |
|   | a.  | At least 20 minutes |
|   | b.  | At least 30 minutes |
|   | c.  | At least 45 minutes |
|   | d.  | At least 60 minutes |
|   | e.  | At least 90 minutes |

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| --- | --- |
| *ANSWER:* | d |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 40. Adults should do muscle-strengthening activities that involve all major muscle groups at least how often per week?

|  |  |  |
| --- | --- | --- |
|   | a.  | 1 day |
|   | b.  | 2 days |
|   | c.  | 3 days |
|   | d.  | 4 days |
|   | e.  | 5 days |

|  |  |
| --- | --- |
| *ANSWER:* | b |

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|  |
| --- |
| **Matching** |

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| In the following items, 41 to 50, select the key term best associated with each description below. Each term is used only once.

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| a.  | Health |
| b.  | Epidemiology |
| c.  | Risk factor |
| d.  | Sedentary death syndrome |
| e.  | Hypokinetic disease |
| f.  | Wellness |
| g.  | Sitting disease |
| h.  | Physical activity |
| i.  | Chronic diseases |
| j.  | Physical fitness |

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| 41. The constant and deliberate effort to stay healthy and achieve the highest potential for well-being.

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| *ANSWER:* | f |

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| 42. The study of epidemic disease.

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| *ANSWER:* | b |

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| 43. Disease related to lack of physical activity.

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| *ANSWER:* | e |

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| 44. Illness that develops and lasts over a long time period.

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| *ANSWER:* | i |

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| 45. Characteristics that predict the chances for developing a certain disease.

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| *ANSWER:* | c |

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| 46. More than just the absence of disease.

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| *ANSWER:* | a |

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| 47. Public health concern related to physical inactivity.

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| *ANSWER:* | g |

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| 48. Deaths that are attributed to a lack of regular physical activity.

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| *ANSWER:* | d |

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| 49. The general capacity to adapt and respond favorably to physical effort.

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| *ANSWER:* | j |

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| 50. Bodily movement produced by skeletal muscles that requires energy expenditure and produces progressive health benefits.

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| *ANSWER:* | h |

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| **Objective Short Answer** |

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| 51. List five short-term benefits of exercise.

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| *ANSWER:* | *(Answers will vary)*A single exercise session can bring a number of benefits. Some of these benefits include the following and can last up to 72 hours following the workout: • Increases heart rate, stroke volume, cardiac output, pulmonary ventilation, and oxygen uptake. • Begins strengthening the heart, lungs, and muscles. • Enhances metabolic rate or energy production (burning calories for fuel) during exercise and recovery; for every 100 calories burned during exercise, another 15 will be burned during recovery. • Improves joint flexibility. • Decreases arthritic pain. • Increases fat storage in muscle, which can then be burned for energy. • Uses blood glucose and muscle glycogen. • Improves insulin sensitivity (decreasing risk of type 2 diabetes). • Immediate enhancement of the body’s ability to burn fat. • Lowers blood lipids. • Reduces low-grade (hidden) inflammation. • Improves endothelial function (endothelial cells line the entire vascular system, providing a barrier between the vessel lumen and surrounding tissue; endothelial dysfunction contributes to several disease processes, including tissue inflammation and subsequent atherosclerosis). • Decreases blood pressure in the first few hours following exercise. • Improves digestion. • Improves resistance to infections. • Improves brain function. • Increases endorphins (hormones), which are naturally occurring opioids responsible for exercise-induced euphoria. • Enhances mood and feelings of self-worth. • Provides a sense of achievement and satisfaction. • Leads to muscle relaxation. • Decreases stress. • Promotes better sleep (unless exercise is performed too close to bedtime). • Boosts energy levels.  |

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| 52. Among the benefits of regular physical activity and exercise are a significant reduction in premature mortality and decreased risks for developing which diseases?

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| *ANSWER:* | (Answers will vary)· Heart disease· Stroke· Metabolic syndrome· Type 2 diabetes· Obesity· Osteoporosis· Colon and breast cancers· High blood pressure· Depression · Dementia · Alzheimer’s disease |

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| **Subjective Short Answer** |

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| 53. Discuss the physical activity guidelines for adolescents.

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| *ANSWER:* | *(Answers will vary)*Adolescents should do 1 hour (60 minutes) or more of physical activity every day. Most of the 1 hour or more a day should be either moderate- or vigorous-intensity aerobic physical activity. As part of their daily physical activity, adolescents should do vigorous-intensity activities at least three days per week. They should also do muscle-strengthening and bone-strengthening activities at least 3 days per week. |

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| 54. Discuss the physical activity guidelines for pregnant women.

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| *ANSWER:* | *(Answers will vary)*Healthy women not already doing vigorous-intensity physical activity should get at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity a week. Preferably, this activity should be spread throughout the week. Pregnant women who regularly engage in vigorous-intensity aerobic activity or a high amount of activity can continue their activity provided that their condition remains unchanged and they talk to their health-care provider about their activity level throughout their pregnancy. |

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| 55. List and describe the performance-related components of physical fitness.

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| *ANSWER:* | *(Answers will vary)*• Agility: the ability to change body position and direction quickly and efficiently.• Balance: the ability to maintain the body in equilibrium.• Coordination: integration of the nervous system and muscular system to produce correct, graceful, and harmonious body movements.• Power: the ability to produce maximum force in the shortest time.• Reaction time: the time required to initiate a response to a given stimulus.• Speed: the ability to propel the body or part of the body from one point to another. |

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