

Final Exam Review – Lifetime Fitness - LaPointe

1. Identify the correct sequence of steps in the scientific method.
2. The _____ focus on disease prevention and the promotion of wellness and quality of life.
3. Food science and food technology are both areas of study within which of the following areas of science?
4. _____ is the study of human movement.
5. What list includes the five components of health and wellness?
6. Which answer lists all of the components of health-related fitness?
7. Which answer lists all of the components of skill-related fitness?
8. Places the fitness, health, and wellness factors (determinants) in order of the factors you have most control over to the factors you have the least control over.
 - a. personal, environmental and health care, social, healthy lifestyles
9. As you climb the Stairway to Lifetime Fitness, you move from your present level of activity and fitness to
10. Which term reflects the importance of regular physical activity, sound nutrition, and stress management?
11. The _____ is a series of steps to help you achieve lifetime fitness.
12. What is the correct sequence for the stages of change for a healthy lifestyle?
 - a. contemplation, precontemplation, action, planning, maintenance
13. Complete the statement about the stages of change for a healthy lifestyle?
 - a. No matter what the lifestyle, the goal is to move ...
14. Which skill enables you to evaluate your fitness, health, wellness, and lifestyle so that you can make good decisions and set goals?
15. _____ refers to movement using the large muscles of the body.
16. What does the SMART acronym of goal setting stand for?
17. Identify a short-term product goal.
18. Identify a long-term process goal.
19. What is the correct sequence for personal program planning?

- a. determine personal needs, consider your program options, set goals, structure your program plan, evaluate your program
20. What are some important guidelines for setting goals?
21. _____ make good short-term goals because you can easily monitor progress and with effort you can succeed.
22. Which is a test of upper-body muscle fitness?
23. What best describes step 2 of planning your personal physical activity program?
24. Is this statement true?
- a. The PDQ is a questionnaire that has been developed by experts to assess medical and physical readiness for beginning a physical activity program.
25. What conditions can put you at the most risk of hyperthermia when engaging in outdoor physical activity?
26. What condition can occur when exercising in extreme cold, windy, and wet weather?
27. In addition to considering the temperature, wind, and humidity, which environmental condition is important to consider when exercising outdoors?
28. Is this statement true?
- a. Hypokinetic conditions from sedentary living are one of the leading causes of death in the United States.
29. Why are certain forms of cancer, such as breast and colon cancer, considered hypokinetic conditions?
30. It is important to engage in weight-bearing activities when you are young because you develop _____ at this age. This can help prevent a condition called _____ when you get older.
31. What are hyperkinetic conditions?
32. What are the three principles of training?
33. Which type of physical activity is at the first step of the Physical Activity Pyramid?
34. Identify the term that refers to the minimum amount of overload needed to achieve physical fitness.
35. If you achieve a _____ fitness rating, you probably are at the level of fitness required for living a full, healthy life.
36. Physical activity is the most important thing you can do to improve and maintain health-related physical fitness. What factors contribute to physical fitness?

37. Out of the 4 factors, which contributes the least to physical fitness?
38. For optimal benefits, you should perform activities from _____ parts of the Physical Activity Pyramid each week.
39. The Institute of Medicine now classifies _____ as a health-related part of fitness because of its link to health.
40. What factors affect skill-related fitness?
41. What factors have the most influence on skill learning?
42. What is especially important for effective practice?
43. Invisible damage to the body resulting from repeating a movement is called a _____.
44. A _____ is an injury to ligaments. If a ligament is stretched, swelling and pain around the joint can result. A _____, or muscle pull, is an injury to tendons or muscles.
45. What are the correct terms in the RICE formula for treating strains, sprains, and bruises?
46. _____ exercises cause ligaments to be stretched. These same exercises also twist the joints and force your joints to move in ways that they were not designed to move.
47. Which statement is true?
 - a. Public health scientists place a high priority on moderate physical activities because you get the most health benefits from them.
 - b. Public health scientists place a high priority on moderate physical activities because moderate physical activities provide many health benefits and are easy to do.
 - c. People of all ages and ability levels can perform vigorous activities.
 - d. Lifestyle physical activities are not moderate activities.
48. Light activities (requiring 2 to 3.9 METs) such as making a bed, washing dishes while standing, and preparing food are not intense enough to be considered
49. What are moderate physical activities?
50. Is this statement is true? Why/Why Not?
 - a. The national physical activity guidelines for Americans recommend 60 minutes of activity each day for adults. This is a realistic and specific target for weight loss.
51. Moderate physical activity requires
52. Experts suggest that you should get your moderate activity in bouts of
53. What is a SMART short-term moderate physical activity goal?
54. What are methods for self-monitoring moderate physical activity?

55. Is this statement true?
- Of the 11 parts of fitness, cardiorespiratory endurance provides the most benefit to athletes such as runners and soccer players.
56. Your heart has two ways to get more blood to your muscles: by beating faster or by sending more blood with each beat (called stroke volume). True or False?
57. Which statement is true?
- A fit person's heart may work more efficiently than a nonfit person's heart because genetics determines the heart's efficiency.
 - A fit person's heart may work the same as a nonfit person's heart because genetics determines the heart's efficiency.
 - A fit person's heart works more efficiently by pumping less blood with more beats.
 - A fit person's heart works more efficiently by pumping more blood with fewer beats.
58. The maximal _____ uptake test measures how much oxygen you can use when you are _____ very vigorously.
59. The _____ your cardiorespiratory endurance score, the lower your risk of _____ disease.
60. Vigorous aerobic activity, from the _____ of the Physical Activity Pyramid for Teens, is the most effective for building cardiorespiratory endurance.
61. The _____ is one of two methods of determining target heart rates. This method is considered the _____, but it is a bit more difficult to calculate than the other method.
62. To use the heart rate reserve method for determining target heart rate, you must know both your _____ and your _____ heart rates.
63. What are the two types of vigorous physical activities in the Physical Activity Pyramid?
64. Why are aerobic activities among the most popular of all activities in the Physical Activity Pyramid?
65. What is one goal of circuit training?
66. What kinds of sports are hard to do after the school years because they require other participants as well as special equipment or facilities?
67. Vigorous recreation includes activities that are _____ and typically _____.
68. The word _____ means with oxygen.
69. Identify all of the true statements.
- Softball is not particularly good for developing fitness, but it does require good fitness.

- b. Some people mistakenly assume that fitness is not necessary for certain sports, especially if the sports do little to build fitness.
- c. People should exercise regularly for two weeks before skiing to get ready for it and to avoid injury.
- d. Participation in vigorous activity has greater risk of injury than doing no activity, light activity, or moderate activity.
- e. Vigorous aerobics are relatively safe compared to other vigorous sports and recreational activities.

70. Most vigorous sports and recreation require _____ if you are to perform well.

71. What is the definition of strength?

72. Is this statement true?

- a. A one-repetition maximum (1RM) is the best measure of power.

73. The muscular endurance–strength continuum describes how you would use _____ with _____ to develop strength, and _____ with _____ for endurance.

- a. low resistance; high repetitions; high resistance; low repetitions
- b. low resistance; low repetitions; low resistance; low repetitions
- c. high resistance; high repetitions; low resistance; high repetitions
- d. high resistance; low repetitions; low resistance; high repetitions

74. What is an isotonic exercise?