

***Total Fitness and Wellness, 7e (Powers)***  
**Chapter 1 Understanding Fitness and Wellness**

1.1 Multiple-Choice Questions

- 1) Total wellness can be achieved by balancing
- A) cardiorespiratory fitness and flexibility.
  - B) all eight components of wellness.
  - C) physical and mental health.
  - D) diet and exercise.

Answer: B

Diff: 1

Skill: Understanding

LO: 1.1

Section: 1.1

- 2) \_\_\_\_\_ is defined as a state of optimal health, which encompasses physical, emotional, intellectual, spiritual, social, environmental, occupational, and financial health.

- A) Fitness
- B) Wellness
- C) Health
- D) Well-being

Answer: B

Diff: 1

Skill: Remembering

LO: 1.1

Section: 1.1

- 3) Financial wellness can enhance
- A) career prospects.
  - B) the ability to attain a high level of physical fitness.
  - C) emotional, social, and occupational wellness.
  - D) physical, intellectual, and emotional health.

Answer: C

Diff: 2

Skill: Understanding

LO: 1.1

Section: 1.1

4) One way to maintain \_\_\_\_\_ health is by keeping your mind active through life-long learning.

- A) social
- B) emotional
- C) spiritual
- D) intellectual

Answer: D

Diff: 2

Skill: Understanding

LO: 1.1

Section: 1.1

5) *Healthy People 2020* is best described as a

- A) report by the National Institutes of Health projecting the state of U.S. citizens' health by 2020.
- B) set of health guidelines for all U. S. citizens of high school age.
- C) set of national wellness goals to improve the health of all Americans.
- D) government-sponsored health care insurance plan.

Answer: C

Diff: 2

Skill: Understanding

LO: 1.2

Section: 1.2

6) Which of the following is *not* considered to be a health benefit of exercise?

- A) reduced risk of cardiovascular disease
- B) reduced risk of kidney disease
- C) reduced risk of diabetes
- D) reduced risk of bone loss with age

Answer: B

Diff: 2

Skill: Understanding

LO: 1.3

Section: 1.3

7) Diabetes is a disease characterized by

- A) low blood glucose levels.
- B) high blood glucose levels.
- C) high white blood cell counts.
- D) low red blood cell counts.

Answer: B

Diff: 2

Skill: Understanding

LO: 1.3

Section: 1.3

8) Any movement of the body produced by skeletal muscle that results in energy expenditure is termed

- A) fitness.
- B) exercise.
- C) exertion.
- D) physical activity.

Answer: D

Diff: 1

Skill: Remembering

LO: 1.3

Section: 1.3

9) Weight-bearing activities are particularly important for

- A) reducing the risk of CVD.
- B) lowering blood glucose levels.
- C) reducing the risk of lung cancer.
- D) increasing bone density.

Answer: D

Diff: 2

Skill: Understanding

LO: 1.3

Section: 1.3

10) What is osteoporosis?

- A) loss of bone mass and strength
- B) high blood sugar
- C) high blood pressure
- D) loss of muscle mass and strength

Answer: A

Diff: 1

Skill: Remembering

LO: 1.3

Section: 1.3

11) Which of the following is *not* considered to be one the five major components of health-related physical fitness?

- A) cardiorespiratory endurance
- B) muscular strength
- C) body composition
- D) agility

Answer: D

Diff: 2

Skill: Understanding

LO: 1.4

Section: 1.4

12) Individuals who have achieved a high level of \_\_\_\_\_ are capable of performing 30 to 60 minutes of vigorous exercise without undue fatigue.

- A) muscle endurance
- B) flexibility
- C) muscle strength
- D) cardiorespiratory fitness

Answer: D

Diff: 2

Skill: Understanding

LO: 1.4

Section: 1.4

13) Muscular \_\_\_\_\_ is defined as the ability of a muscle to generate force over and over again.

- A) strength
- B) endurance
- C) conditioning
- D) repetition

Answer: B

Diff: 1

Skill: Remembering

LO: 1.4

Section: 1.4

14) \_\_\_\_\_ refers to the relative amounts of fat and lean tissue found in the body.

- A) Body composition
- B) Genetic predisposition
- C) Bone mass
- D) Adipose mass

Answer: A

Diff: 1

Skill: Remembering

LO: 1.4

Section: 1.4

15) The maximal ability of a muscle to generate force is known as muscular

- A) strength.
- B) contraction.
- C) endurance.
- D) range of motion.

Answer: A

Diff: 1

Skill: Remembering

LO: 1.4

Section: 1.4

- 16) Consuming a nutrient-dense diet, managing stress, and exercising regularly are examples of
- A) good genetics.
  - B) athletic achievements.
  - C) healthy behaviors.
  - D) poor lifestyle choices.

Answer: C

Diff: 1

Skill: Understanding

LO: 1.5

Section: 1.5

- 17) A person who smokes and has no desire to stop smoking is in which stage of change?
- A) precontemplation
  - B) contemplation
  - C) preparation
  - D) maintenance

Answer: A

Diff: 2

Skill: Understanding

LO: 1.6

Section: 1.6

- 18) The \_\_\_\_\_ model is a framework for understanding how individuals move toward adopting and maintaining health behavior changes.

A) SMART

B) stages of change

C) *Healthy People 2020*

D) interval training

Answer: B

Diff: 1

Skill: Remembering

LO: 1.6

Section: 1.6

- 19) Heather has lost 30 pounds and kept it off for 6 years. She is currently in the \_\_\_\_\_ stage of change in regard to weight loss.

A) preparation

B) action

C) maintenance

D) termination

Answer: D

Diff: 2

Skill: Understanding

LO: 1.6

Section: 1.6

- 20) A good first step in changing unhealthy behaviors is to
- A) keep your plans to yourself until you achieve success.
  - B) make a list of the things that you don't like about yourself.
  - C) plan to make several lifestyle changes all at the same time.
  - D) assess your habits and select one target behavior to change.

Answer: D

Diff: 3

Skill: Applying

LO: 1.6

Section: 1.6

- 21) Which of the following is a psychological concept that describes how strongly people believe that they have control over events in their lives?

- A) assertiveness
- B) self-esteem
- C) locus of control
- D) emotional resilience

Answer: C

Diff: 2

Skill: Understanding

LO: 1.7

Section: 1.7

- 22) Positive role models, visualization, and social support are ways to increase your \_\_\_\_\_ for behavior change.

- A) motivation
- B) contemplation
- C) self-efficacy
- D) vulnerability

Answer: A

Diff: 2

Skill: Understanding

LO: 1.7

Section: 1.7

- 23) Completing a written contract to record your behavior change goals and your plan for change helps to identify

- A) barriers to success and strategies you can use to overcome these barriers.
- B) how others feel about the change(s) you want to make.
- C) the consequences you will experience if you do not meet your goals.
- D) the points at which you will have the opportunity to postpone your desired changes.

Answer: A

Diff: 3

Skill: Applying

LO: 1.8

Section: 1.8

24) A commonly used strategy to assist with behavior modification is

- A) setting broad, general goals to allow the most flexibility.
- B) engaging in negative self-talk if you deviate from your plan.
- C) setting specific short- and long-term goals.
- D) postponing behavior change until after your next doctor's appointment.

Answer: C

Diff: 3

Skill: Applying

LO: 1.8

Section: 1.8

25) SMART stands for \_\_\_\_\_, measurable, attainable, \_\_\_\_\_ and time frame.

- A) specific; rational
- B) specific; realistic
- C) simple; reliable
- D) simple; repeatable

Answer: B

Diff: 1

Skill: Remembering

LO: 1.8

Section: 1.8

26) Charles has decided that for every 5 pounds he loses in the next 6 months, he's going to splurge on a new t-shirt to show off his sculpted muscles. What behavior modification strategy is Charles using?

- A) reward for goal achievement
- B) relapse prevention
- C) self-monitoring
- D) substituting

Answer: A

Diff: 2

Skill: Understanding

LO: 1.8

Section: 1.8

27) Conditions or situations that may prevent a person from making a behavior change are called

- A) diversions.
- B) challengers.
- C) barriers.
- D) relapses.

Answer: C

Diff: 1

Skill: Remembering

LO: 1.7

Section: 1.7

28) The process of anticipating problems or setbacks that may occur as part of behavior change is

- A) counteraction.
- B) relapse prevention.
- C) unnecessary worry.
- D) alternate planning.

Answer: B

Diff: 2

Skill: Understanding

LO: 1.8

Section: 1.8

## 1.2 True/False Questions

1) Physical wellness is defined as all the behaviors that keep your body healthy, including achieving physical fitness and maintaining a healthy body weight.

Answer: TRUE

Diff: 2

Skill: Understanding

LO: 1.1

Section: 1.1

2) The cornerstone of emotional health is excellent physical fitness.

Answer: FALSE

Diff: 2

Skill: Understanding

LO: 1.1

Section: 1.1

3) Engaging in healthy behaviors related to one or two aspects of wellness will guarantee a high level of total wellness.

Answer: FALSE

Diff: 2

Skill: Understanding

LO: 1.1

Section: 1.1

4) Factors other than behavior, such as ethnicity, gender, and family history can also affect your health and risk for certain diseases.

Answer: TRUE

Diff: 2

Skill: Understanding

LO: 1.1

Section: 1.1



5) The *Healthy People 2020* initiative is a set of health goals aimed at attaining higher-quality, longer lives for all Americans.

Answer: TRUE

Diff: 1

Skill: Understanding

LO: 1.2

Section: 1.2

6) Physical activity includes only physical movement that requires a high energy level.

Answer: FALSE

Diff: 2

Skill: Understanding

LO: 1.3

Section: 1.3

7) Regular exercise can reduce your risk of heart disease.

Answer: TRUE

Diff: 2

Skill: Understanding

LO: 1.3

Section: 1.3

8) Regular exercise does *not* reduce the risk of developing type 2 diabetes.

Answer: FALSE

Diff: 2

Skill: Understanding

LO: 1.3

Section: 1.3

9) Untreated diabetes can result in blindness.

Answer: TRUE

Diff: 1

Skill: Understanding

LO: 1.3

Section: 1.3

10) Regular exercise has little effect on a person's risk for osteoporosis.

Answer: FALSE

Diff: 2

Skill: Understanding

LO: 1.3

Section: 1.3

11) Research has shown that regular physical activity and exercise can increase longevity.

Answer: TRUE

Diff: 2

Skill: Understanding

LO: 1.3

Section: 1.3

12) Flexibility is the ability to move joints freely through their full range of motion.

Answer: TRUE

Diff: 1

Skill: Remembering

LO: 1.4

Section: 1.4

13) Muscular strength and muscular endurance are terms used to describe how much weight can be moved by a given muscle or muscle group during one maximal effort.

Answer: FALSE

Diff: 2

Skill: Understanding

LO: 1.4

Section: 1.4

14) Aerobic fitness and cardiorespiratory fitness are alternate ways of describing cardiorespiratory endurance.

Answer: TRUE

Diff: 1

Skill: Remembering

LO: 1.4

Section: 1.4

15) Lifestyle choices have little effect on a person's risk for cancer and other chronic diseases.

Answer: FALSE

Diff: 2

Skill: Understanding

LO: 1.5

Section: 1.5

16) Changes in behavior usually occur over three stages.

Answer: FALSE

Diff: 2

Skill: Understanding

LO: 1.6

Section: 1.6

17) Taking steps to plan and get ready for a behavior change occurs during the preparation stage.

Answer: TRUE

Diff: 2

Skill: Understanding

LO: 1.6

Section: 1.6

18) Self-esteem is the belief that you can accomplish a specific goal or task.

Answer: FALSE

Diff: 2

Skill: Understanding

LO: 1.7

Section: 1.7

19) A person who is unrealistically optimistic about their risk for lifestyle-related health problems is exhibiting low self-efficacy.

Answer: FALSE

Diff: 2

Skill: Understanding

LO: 1.7

Section: 1.7

20) Setting SMART goals increases your chance of success in changing unhealthy behaviors.

Answer: TRUE

Diff: 2

Skill: Understanding

LO: 1.8

Section: 1.8

### 1.3 Essay Questions

1) Explain the term *body composition*.

Answer: The term *body composition* refers to the relative amounts of fat and lean body tissue found in the body.

Diff: 1

Skill: Remembering

LO: 1.4

Section: 1.4

2) Compare and contrast exercise and physical activity.

Answer: Physical activity encompasses all types of physical movement. Exercise is a type of physical activity that is planned, structured, and designed to maintain or improve physical fitness. Exercise can involve activities that range from low to high intensity.

Diff: 3

Skill: Analyzing

LO: 1.3

Section: 1.3

3) Define *cardiorespiratory endurance* and explain the amount of exercise necessary to maintain a high level of cardiorespiratory endurance.

Answer: Cardiorespiratory endurance (sometimes called *aerobic fitness* or *cardiovascular fitness*) is an important component of physical fitness. Cardiorespiratory fitness is a measure of the heart's ability to pump blood to the working muscles during exercise and the muscles' ability to take up and use the oxygen to produce energy for prolonged exercise. A person with a high level of cardiorespiratory endurance can perform 30 to 60 minutes of vigorous exercise without undue fatigue.

Diff: 3

Skill: Understanding

LO: 1.4

Section: 1.4

4) List at least five major health benefits of regular exercise.

Answer: Answers should include at least five of the following health benefits of regular exercise:

- Reduces the risk of heart disease
- Reduces the risk of diabetes
- Reduces cancer risk
- Increases bone mass
- Delays the effects of aging
- Increases longevity
- Improves psychological well-being

Diff: 3

Skill: Understanding

LO: 1.3

Section: 1.3

5) List and define the five components of health-related fitness.

Answer: (1) Cardiorespiratory endurance: a measure of the heart's ability to pump blood to the working muscles and the ability of the muscles to take up and use the oxygen to produce energy for prolonged exercise. (2) Body composition: the relative amounts of fat and lean body tissue found in the body. (3) Muscular strength: the maximal ability of a muscle to generate force. (4) Muscular endurance: the ability of a muscle to generate force over and over again. (5) Flexibility: the ability to move joints freely through their full range of motion.

Diff: 3

Skill: Understanding

LO: 1.4

Section: 1.4

6) List and describe the six stages of behavior change.

Answer: (1) Precontemplation: a person does not plan to change his/her unhealthy behavior and may not even be aware that it is unhealthy. (2) Contemplation: a person is aware of the need to change and intends to do so within the next several months. (3) Preparation: a person is getting ready to make the change within the next 30 days. (4) Action: a person is actively doing things to bring about behavior change. (5) Maintenance: a person sustains the behavior change (which has become a habit) for at least 6 months. (6) Termination: a person has maintained a behavior for more than 5 years.

Diff: 3

Skill: Understanding

LO: 1.6

Section: 1.6

7) List some specific steps you could take to start increasing your physical activity every day.

Answer: Answers may vary, but could include:

- Get a pedometer and keep track of your steps, with a goal of walking 10,000 steps per day.
- Keep a record of your progress in writing or by using a fitness app.
- Take advantage of every opportunity to get exercise where possible, including taking the stairs instead of the elevator or escalator; walking, not driving, to classes, work, and other activities.
- Do exercises in your dorm, apartment, or living room.
- Try out a fitness DVD or online fitness video.
- Invite a friend to join you in your physical activities.
- Reward yourself for increased physical activity/exercise, but do so in a meaningful way that does not undermine your progress.

Diff: 3

Skill: Applying

LO: 1.8

Section: 1.8