

Nutritional Sciences 1340: Introduction to Exercise and Fitness

Lesson 1 Assessment

35 Questions, 35 Points Total

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True/False

– 5 questions, 1 point each, 5 points total

Directions: Questions 1-5 are True/False. For these questions, type A if the statement is true and B if the statement is false in the space provided below the question.

1. The epidemic of physical inactivity in the United States is called the Sedentary Death Syndrome.

- A. True
- B. False

Answer: A.

2. Life expectancy is calculated by subtracting years of ill health from healthy life expectancy.

- A. True
- B. False

Answer: B.

3. The main emphasis of fitness programs should be on the skill-related components.

- A. True
- B. False

Answer: B.

4. The metabolic profile includes measures of insulin sensitivity, glucose tolerance, and cholesterol levels.
- A. True
 - B. False

Answer: A.

5. Scientific evidence now links participation in fitness and wellness programs not only to better health but also to lower medical costs and higher job productivity.
- A. True
 - B. False

Answer: A.

Fill-in-the-Blank

– 5 questions, 1 point each, 5 points total

Directions: Questions 6-10 are fill-in-the-blank. For these questions, type the best answer in the space provided.

6. ___physical___ wellness is the dimension most commonly associated with being healthy.
7. ___social___ wellness endows you with the ease and confidence to be outgoing, friendly, and affectionate toward others.
8. Jane believes that she has an ideal job that is both challenging and rewarding. She is enjoying a high level of ___occupational_____ wellness.
9. Mary has a sense of meaning and direction in her life and a relationship to a higher being. She has a high level of ___spiritual___ wellness.
10. While measuring blood pressure using a sphygmomanometer and a stethoscope, ___systolic___ blood pressure is recorded as the point where the sound of the pulse becomes audible.

Multiple-Choice

– 25 questions, 1 point each, 25 points total

Directions: Questions 11-35 are multiple-choice. For these questions, choose the one *best* answer and type it in the space provided below the question.

11. The top leading cause of death in the U.S. is:

- A. cancer.
- B. accidents.
- C. cardiovascular disease.
- D. CLRD.

Answer: ____ C. cardiovascular disease _____

12. Which of the following is NOT an example of exercise?

- A. walking 30 minutes on the treadmill every day
- B. walking to get some groceries from a nearby store
- C. riding a bicycle for 25 miles every other day
- D. walking 30 minutes before going to work every day

Answer: ____ B. Walking to get some groceries from a nearby store _____

13. The 2007 updated recommendations by the ACSM and AHA indicate that to promote and maintain good health, all healthy adults between 18 and 64 years of age need:

- A. moderate-intensity aerobic physical activity for a minimum of 30 minutes five days a week.
- B. activities that maintain or increase muscular strength and endurance five days a week.
- C. moderate-intensity aerobic physical activity for a minimum of 20 minutes three days a week.
- D. vigorous-intensity aerobic physical activity for a minimum of 30 minutes five days a week.

Answer: _ A. moderate-intensity aerobic physical activity for a minimum of 30 minutes five days a week. _

14. The National Physical Activity Plan:

- A. makes mass media recommendations.
- B. was established in 2000.
- C. is a public school effort.
- D. replaces Healthy People 2000.

Answer: _____ A. makes mass media recommendations _____