

Nutritional Sciences 1340: Introduction to Exercise and Fitness

Lesson 10 Assessment

35 Questions, 35 Points Total

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True/False

– 2 questions, 1 point each, 2 points total

Directions: Questions 1-2 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. Flexibility is usually greater in those with more body fat.

- A. True
- B. False

Answer: B

2. The most common reason for chronic low-back pain is a lack of physical activity.

- A. True
- B. False

Answer: A

Fill-in-the-Blank

– 7 questions, 1 point each, 7 points total

Directions: Questions 3-9 are fill-in-the-blank. For these questions, type the best answer in the space provided.

3. A 20-year-old woman with a 16.7-inch Modified Sit-and-Reach Test result has the percentile rank of about 80 (use Table 8.1 provided on page 8).

4. An 18-year-old man who meets the high physical fitness standards must score a minimum of 20.9 inches in the Total Body Left Rotation Test (use Table 8.2 provided on page 9).
5. Approximately 80 percent of all low-back problems in the United States stem from improper alignment of the vertebral column and pelvic girdle, a direct result of inflexible and weak muscles.
6. All other factors being equal, an individual with longer arms or shorter legs, or both, receives a better rating from the Sit-and-Reach Test.
7. Individuals who are susceptible to flexibility injuries should limit each stretch to 20 seconds.
8. Exercises that are not recommended because they may cause an injury are called contraindicated exercises.
9. In addition to being overweight, a major contributor to back pain is excessive sitting, which causes back muscles to shorten, stiffen, and become weaker.

Multiple-Choice

– 26 questions, 1 point each, 26 points total

Directions: Questions 10-35 are multiple-choice. For these questions, choose the one *best* answer and type it in the space provided below the question.

10. When joints are regularly moved through their entire range of motion:
- A. flexibility decreases.
 - B. flexibility increases.
 - C. ligaments shorten.
 - D. muscles shorten.

Answer: B. Flexibility increases

11. Poor posture and subsequent aches and pains that lead to limited and painful joint movement can be caused by:

- A. a decline in flexibility.
- B. too-strong muscles.
- C. an increase in coordination.
- D. lack of adipose tissues.

Answer: _____ A. a decline in flexibility._____

12. Temporary lengthening of soft tissue is:

- A. plastic elongation.
- B. elastic elongation.
- C. ballistic elongation.
- D. passive elongation.

Answer: _____ B. elastic elongation._____

13. The most significant contributor(s) to lower flexibility is (are):

- A. age and sex.
- B. excess adipose tissue.
- C. sedentary living.
- D. muscle temperature.

Answer: _____ C. sedentary living._____

14. Stretching exercises are helpful for:

- A. enhancing body composition.
- B. improving muscular endurance.
- C. increasing muscular strength.
- D. maintaining body mobility.

Answer: _____ D. maintaining body mobility._____

15. Decreased flexibility causes older adults to:

- A. have a reduced risk for automobile accidents.
- B. switch lanes and parallel-park better.
- C. lose mobility for simple daily tasks.
- D. have a higher level of functional capacity.

Answer: _____ C. lose mobility for simple daily tasks._____