

1. The statement “any bodily movement produced by contracting skeletal muscles (voluntary muscle contractions), with a concomitant increase in energy expenditure” best defines:
 - A) exercise.
 - B) health-related fitness.
 - C) skill-related fitness.
 - D) physical activity.

2. Complete the following sentence. Skill-related fitness comprises agility, balance, coordination, power, reaction time, and _____.

3. Complete the following sentence. Health-related fitness comprises cardiorespiratory fitness, muscular endurance, muscular strength, flexibility, and _____.

4. Walking at a brisk pace (4.5 mph) would receive which physical activity classification?
 - A) Light
 - B) Moderate
 - C) Vigorous

5. Work presented by Morris and colleagues was the first to describe which of the following among double-decker bus workers in London, England?
 - A) Resistance training is associated with reduce the risk of sarcopenia.
 - B) Weight-bearing exercise is associated with reduced the risk of osteoporosis.
 - C) High-intensity interval training is associated with improved $\dot{V}O_2$.
 - D) Greater amounts of PA were associated with reduced risks of CVD.

6. The *2008 Physical Activity Guidelines for Americans* provided the guideline that all Americans accumulate a minimum of _____ minutes of moderate physical activity per week.
 - A) 30
 - B) 75
 - C) 150
 - D) 300

7. Self-report data suggests what percentage of American adults is meeting current PA recommendations?
- A) About one quarter
 - B) About half
 - C) About three quarters
 - D) Nearly all
8. The landmark paper by Troiano and colleagues which reported objective assessment of physical activity (using accelerometers) among a nationally representative sample of American adults found _____% of American adults were meeting the PA recommendations.
- A) <5
 - B) ≈ 25
 - C) ≈ 50
 - D) >75
9. Obesity rates among US children and adolescents have _____ since the 1970s.
- A) Risen considerably
 - B) Stayed the same
 - C) Dropped considerably
10. What percentage of the US general population is either overweight or obese?
- A) About a third
 - B) About one-half
 - C) About two-thirds
 - D) >80%
11. True or false? Submaximal exercise testing is considered safe for most asymptomatic individuals.
- A) True
 - B) False
12. Which of the following has the lowest 1-month injury rate?
- A) Weightlifting
 - B) Walking
 - C) Jogging
 - D) Running

13. True or false? All physical activity is exercise.
- A) True
 - B) False
14. Which of the following is not a component of physical fitness?
- A) Muscle strength
 - B) Flexibility
 - C) Power
 - D) Ability
15. The relationship between PA and risk of CVD is:
- A) direct.
 - B) inverse.
 - C) null.
 - D) unknown.
16. _____ muscle contraction involves no change in the joint angle.
17. True or false? Body composition is a component of health-related fitness.
- A) True
 - B) False
18. The ACSM/AHA joint position statement recommends moderate-intensity physical activity be performed how often?
- A) 5 days a week
 - B) Every other day a week
 - C) Most days of the week
 - D) 4 days a week
19. The percentage of American children who are obese has increased by _____ times since the 1970s.
- A) 2–4
 - B) 5–7
 - C) 10
 - D) None, it has stayed the same.
20. The most popular exercise in the United States is _____.

Answer Key

1. D
2. speed
3. body composition
4. C
5. D
6. C
7. B
8. A
9. A
10. C
11. A
12. B
13. B
14. D
15. B
16. Isometric
17. A
18. A
19. A
20. walking