

1. True or false? All physical activity is exercise.
 - A) True
 - B) False

2. Which of the following is not a component of physical fitness?
 - A) Muscle strength
 - B) Flexibility
 - C) Power
 - D) Ability

3. Cureton's primary area of research was:
 - A) CVD
 - B) Fitness training
 - C) ACL Injuries
 - D) Diabetes

4. The relationship between PA and risk of CVD is:
 - A) Inverse
 - B) Direct
 - C) Null
 - D) Unknown

5. _____ muscle contraction involves no change in the joint angle.

6. True or false? Body composition is a component of health related fitness.
 - A) True
 - B) False

7. Skill related fitness is also known as _____ fitness.

8. The ACSM/CDC joint position statement recommends moderate-intensity physical activity be performed how often?
 - A) 5 days/week
 - B) Every other day/week
 - C) Most days/week
 - D) 4 days/week

9. The Physical Activity Guidelines call for ____ minutes of moderate intensity physical activity spread throughout the week.

10. The percentage of American children who are obese has increased by ____ times since the 1970s.

- A) 5 to 7
- B) 2 to 4
- C) 10
- D) None; it has stayed the same.

11. True or false? Physical activity has been noted to provide greater protective benefits against heart disease in older adults, rather than adults.

- A) True
- B) False

12. Sudden cardiac death related to moderate intensity exercise is:

- A) Rare
- B) Common
- C) Unknown
- D) The two are not related.

13. The most popular exercise in the United States is _____.

Answer Key

1. B
2. D
3. B
4. A
5. Isometric
6. A
7. performance-related/performance related
8. A
9. 150
10. B
11. A
12. A
13. walking