

CH02 1

Student Name: _____

CH02

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___ 1. Epidemiological information is important to health-care professionals because it allows them to do which of the following?

A. Target specific populations for intervention

B. Determine the impact of an intervention on physical activity behavior

C. Promote the public health consequences of current levels of physical activity behavior

D. All of the above

___ 2. What is the most popular time frame for self-report measures of physical activity that rely on memory

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recall?

- A. One day
- B. One week
- C. One year
- D. None of the above

___ 3. Results from the Health Survey for England concerning the 'sitting' and physical activity habits of toddlers and teenagers found which of the following?

- A. Toddlers sit more than they engage in physical activity
- B. Toddlers engage in physical activity more than they sit
- C. Teenagers sit more than they engage in physical activity
- D. Teenagers engage in physical activity more than they sit

___ 4. Which of the following is NOT an ACSM recommendation for minimal activity?

- A. Frequency of 5 days for both cardiovascular and weight training

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exercise

B. Duration of 20-60 minutes
for cardiovascular exercise

C. Each resistance training
session should be comprised of 8-10
different exercises

D. None of the above

___ 5. What does the relationship between
physical activity patterns in childhood
and adulthood indicate?

A. Active children become
active adults

B. Active children do not
become active adults

C. Active children may or may
not become active adults

D. None of the above

___ 6. Research concerning ethnicity and
physical activity participation rates in
the United States indicates which of the
following?

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A. "Non-Caucasian ethnic groups, overall, engage in the highest levels of activity "

B. "Sedentary rates for Caucasians are lower than African Americans, Hispanics, American Indians/Alaska Natives, and Asians"

C. Activity and sedentary rates for all reported ethnic groups are virtually identical

D. None of the above

___ 7. What does data concerning the relationship between physical activity and gender indicate?

A. Australian males tend to engage in high levels of activity to a greater extent than do Australian females

B. Sedentary rates for American males and females are very similar

C. "Other than walking, the most common physical activity types for English men are sports and exercise,

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whereas "heavy" housework is the top activity for English women"

D. All of the above

___ 8. What does data from the United States concerning the relationship between physical activity and education indicate?

A. Sedentary rates decline dramatically as education level increases

B. Sedentary rates increase dramatically as education level increases

C. Adolescent activity is not related to the education level of parents

D. None of the above

___ 9. "Concerning physical activity patterns and mortality (death) rates, what does research indicate?"

A. Canadian premature deaths may be reduced by up to 10% with increased activity levels

B. A midlife increase in

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physical activity is associated with a reduced risk of mortality

C. "Contrary to popular opinion, physically active people do not necessarily outlive their sedentary counterparts"

D. All of the above

___ 10. What do results from the San Francisco longshoremen and Harvard alumni studies indicate?

A. Greater physical activity levels are associated with lower mortality risks

B. All longshoremen possessed an equivalent CHD risk as a function of their job

C. Active individuals live up to one year longer than inactive individuals

D. All of the above