Central Connecticut State University

Department of Physical Education and Human Performance

PE 144 – Fitness/Wellness Ventures

Exam 3

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| 1. | What is the key to successful change? **Determine what stage you are in, and what processes to use.** |

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| 2. | Which of the following stages of change describes a person who is aware that he or she has a problem and is seriously thinking about overcoming it, but has not yet made a commitment to take action? **Contemplation** |

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| 3. | Which of the following is NOT an external locus of control? **Genetics** |

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| 4. | What is one of the biggest barriers to changing your lifestyle? **Stress** |

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| 5. | When can relapse occur? **Maintenance (action)** |

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| 6. | When adopting a new behavior, a person should always: **Set goals** |

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| 7. | Self-monitoring makes you aware of the seriousness and size of the problem that you might be dealing with. **True** |

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| 8. | Making the goal important to you is not a factor that must be taken into consideration when you are making your goals. **False** |

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| 9. | Relapse can be triggered by only a few things. **False** |

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| 10. | To achieve your goals, what should your plan include? **Need, timeline, steps** |

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| 11. | Which one of the following factors helps an individual change his or her lifestyle? **Increasing knowledge, Motivation, Readiness, Landmark events, Self-management technique** |

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| 12. | What are the stages of change involved in the self-reevaluation process? |

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| 13. | Landmark events are not a factor that will influence an individual to change his or her lifestyle. **False** |

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| 14. | Self-monitoring includes all of these except: **Aware of size/seriousness of problem, Benchmark, Self-monitoring devices** |

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| 15. | Which of the following is the most effective method of long-term lifestyle change? **Enviromental control, Rewards, avoid old traps**  |

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| 16. | Landmark events are not a factor that will influence an individual to change his or her lifestyle. **False** |

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| 17. | "It won't happen to me" is a reason why some people find it hard to live a healthy lifestyle. **True** |

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| 18. | When should rewards be given? **Action, maintenance** |

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| 19. | When are you finished with changing your lifestyle? **Never** |

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| 20. | Action is the fourth stage in the stages of change model. **True** |

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| 21. | To lose weight by doing physical activity, the activity performed must be vigorous. **False** |

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| 22. | Yo-yo dieting is also known as weight cycling. **True** |

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| 23. | Some experts believe that measuring your waist is easier than, and just as good as, the WHR. **True** |
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| 24. | An increasingly common condition among female athletes is called the female athlete triad, which consists of: **Amenorrhea, osteoporosis (energy deficiency)** |

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| 25. | What percentage of people who have type 2 diabetes are overweight or obese? **80 %** |

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| 26. | Obese people are prone to have more accidents because they cannot move easily. **True** |

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| 27. | The main reason to exercise while dieting is to preserve and build: **Lean body mass** |

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| 28. | An obese person will weigh less under water than will a lean person of the same body weight. **True** |

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| 29. | Extreme restriction of food intake is called: **Anorexia** |

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| 30. | Which uses height, weight, and waist circumference to assess body composition? **ABSI** |

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| 31. | To lose weight by doing physical activity, the activity performed must be at least moderate. |
| A) | True |
| B) | **False ?** |

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| 32. | Prescription drugs to lose weight should: **Use precaution under doctor recommendation.** |

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| 33. | The theory that proposes that the number and size of fat cells in the body help determine how easily a person gains or loses fat weight is known as: **Fat cell theory** |

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| 34. | Obese individuals are at a increased risk of death. **True** |

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| 35. | Healthy weight loss should be at a rate of **0.5-2.0** pounds per week. |

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| 36. | All of these are stressful personality traits except: **Irritability** |

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| 37. | Meditating for as little as \_\_**20 min**\_\_ minutes once or twice per day provides significant benefits. |

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| 38. | In the resistance stage, the body attempts to regain internal balance. **True** |

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| 39. | Hobbies can boost self-esteem and can help relieve stress. **True** |

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| 40. |  Physicians generally agree that **50**-**80 %** of all illnesses relate to stress. |

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| 41. |  A popular theory is that exercise increases the level of **endorphins**\_\_\_\_\_\_\_\_\_\_. |

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| 42. | A response to stress is adrenaline. **True** |

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| 43. | Hobbies offer the chance to promote: **Clear thinking** |

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| 44. | A power nap is short (**5-20 min**) and can be rejuvenating. |

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| 45. | All of the following are signs of physical effects of stress except: **Sweat, Hear and see better, heart speeds up, blood flow increases, Muscles tense, Less blood to skin,**  |

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| 46. | **Eustress** is a positive stress experience. |

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| 47. | What is the correct order of the three-stage reaction of the general adaptation syndrome? **Alarm, Resistance, Exhaustion**  |

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| 48. | Yoga should be practiced for **15-45 min** in a quiet place. |

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| 49. | Meditation is actually more physiologically restful than is sleep. **True** |

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| 50. | In choosing a fitness professional, do all of the following except: |

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| 51. | The shrinking of fat or muscle is termed: **Atrophy** |

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| 52. | What is one of the best ways to decide which piece of fitness equipment to purchase? **Test+ try out** |

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| 53. | You should do all of the following before you choose a gym except: |

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| 54. | What can exercise do for you if you keep on doing it as you age? **All** |

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| 55. | What is the usual cause of falls in old age? **Poor balance** |

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| 56. | What kind of activities help you stick with them throughout your life? **Ones you like** |

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| 57. | Building your muscles by working against the resistance of weights is called: **Resistance training** |

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| 58. | All of the following are steps in a procedure to make good decisions about your lifestyle except: **Reflect** |

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| 59. | To protect yourself against a poor fitness facility, it is advisable to check with the: **Insurance company**  |

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| 60. | Which one of these things should you do as a precaution when using hydrotherapy equipment such as a sauna or hot tub? **Clean equipment, not too hot temperature, not more than 15 min, stay hydrated.** |

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| 61. | \_\_**Hypertrophy**\_ is the enlargement of fat or muscle. |

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| 62. | What do rubberized suits help your body to lose? **Water** |

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| 63. | If a fitness product relies on gurus, testimonials, case histories, and before-and-after photos, it is probably not a good product. **True** |

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| 64. | If a claim for a fitness product sounds too good to be true, it probably is. **True** |

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| 65. | The recommended time parameters for remaining in a hydrotherapy tub are: **10-15 min** |

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| 66. | A person has achieved \_\_**Endurance**\_\_\_\_\_\_ when he or she can work out for a period of time without fatigue. |

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| 67. | Making good decisions about lifestyle involves all of the following steps except: Pre-contemplation, contemplation, preparation, action, maintenance  |

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| 68. | What does drinking liquids cause your body to do while you exercise? **Not cramp** |

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| 69. | For a whirlpool/hot tub, the highest temperature should not exceed:**100 Fahrenheit** |

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| 70. | What does CPR stand for? **Cardiopulmonary resuscitation** |
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