

Chapter 02 - Principles of Physical Fitness

**Chapter 02**  
**Principles of Physical Fitness**

**Multiple Choice Questions**

1. (p. 28) Which is a definition of physical activity?
- A.** movement carried out by the skeletal muscles that requires energy
  - B. any condition that elevates the heart rate
  - C. aerobic exercise
  - D. strength training

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*Bloom's: Remember*

*Learning Objective: Describe how much physical activity is recommended for developing health and fitness.*

*Topic: Physical Activity for Health and Fitness*

2. (p. 28) To which type of physical activity does the term *exercise* refer?
- A. discontinuous and unplanned activity
  - B.** planned, structured, and repetitive activity
  - C. very occasional and brief activity
  - D. random or unstructured activity

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*Bloom's: Remember*

*Learning Objective: Describe how much physical activity is recommended for developing health and fitness.*

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3. (p. 29) According to the latest recommendations, for substantial health benefits adults should
- A. do at least 150 minutes of moderate-intensity aerobic exercise per week.
  - B. vary the type of exercise daily for additional health benefits.
  - C. perform some type of resistance training every day.
  - D. get at least 150 minutes of vigorously intense exercise per day.

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*Bloom's: Remember*

*Learning Objective: Describe how much physical activity is recommended for developing health and fitness.*

*Topic: Physical Activity for Health and Fitness*

4. (p. 29) Which statement is correct regarding physical activity?
- A. Activity should be decreased to compensate for common daily activities.
  - B. Regular activity should be intense to provide health benefits.
  - C. Activity must be in the form of a formal, continuous exercise program.
  - D. A little physical activity is better than none.

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5. (p. 30) Physical activity guidelines published by the U.S. Department of Health and Human Services suggest which action to achieve or maintain weight loss?
- A. Exercise moderately for 60 to 90 minutes per day on most days of the week.
  - B. Exercise 45 to 60 minutes per day on most days of the week.
  - C. Exercise 10 to 20 minutes per day on most days of the week.
  - D. Perform resistance exercise daily.

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*Bloom's: Remember*

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6. (p. 31-32) Which type of exercise is a component of health-related fitness?
- A. meditation
  - B. non-stretching
  - C.** cardiorespiratory endurance
  - D. speed

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*Bloom's: Remember*

*Learning Objective: Identify the components of physical fitness and the way each component affects fitness.*

*Topic: Components of Physical Fitness*

7. (p. 32) Which term is defined as the ability of the body to perform prolonged, large-muscle, dynamic exercise at moderate to high levels of intensity?

- A. anaerobic capacity
- B. adaptive capacity
- C. cardiorespiratory endurance**
- D. muscular endurance

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*Bloom's: Remember*

*Learning Objective: Identify the components of physical fitness and the way each component affects fitness.*

*Topic: Components of Physical Fitness*

8. (p. 33) What is one effect of increasing one's cardiorespiratory endurance?

- A. The amount of blood pumped per heartbeat decreases.
- B. The resting heart rate decreases.**
- C. Blood volume decreases.
- D. The resting blood pressure increases.

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*Bloom's: Remember*

*Learning Objective: Identify the components of physical fitness and the way each component affects fitness.*

*Topic: Components of Physical Fitness*

9. (p. 33) Which condition is closely linked to heart disease?

- A. low cardiorespiratory fitness**
- B. low muscular strength
- C. poor flexibility
- D. poor reaction time

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*Bloom's: Remember*

*Learning Objective: Identify the components of physical fitness and the way each component affects fitness.*

*Topic: Components of Physical Fitness*

10. (p. 33) What is the definition of muscular strength?

- A. the ability to sustain a given level of muscular tension over time
- B. the ability to move the joints through a full range of motion
- C. the amount of force a muscle can produce with a single maximum effort**
- D. the amount of force a muscle can produce repeatedly over 60 seconds

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*Bloom's: Remember*

*Learning Objective: Identify the components of physical fitness and the way each component affects fitness.*

*Topic: Components of Physical Fitness*

11. (p. 34) Which change to muscle cells causes older adults to lose muscular strength?

- A. the cells get smaller in size**
- B. the cells get larger in size
- C. the cells increase in number
- D. the cells attach to the nervous system

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*Bloom's: Remember*

*Learning Objective: Identify the components of physical fitness and the way each component affects fitness.*

*Topic: Components of Physical Fitness*

12. (p. 34) What is muscular endurance?

- A. the ability to resist fatigue and to sustain muscular tension over time**
- B. the ability to move the joints through a full range of motion
- C. the amount of force a muscle can produce with a single maximum effort
- D. the amount of time required to contract a muscle completely

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*Bloom's: Remember*

*Learning Objective: Identify the components of physical fitness and the way each component affects fitness.*

*Topic: Components of Physical Fitness*

13. (p. 34) Which phrase describes *flexibility* best?
- A. the ability to move without pain during exercise
  - B. the ability to move the joints through their full range of motion**
  - C. sustained motion without resistance
  - D. the ability to move rapidly during exercise

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*Bloom's: Remember*

*Learning Objective: Identify the components of physical fitness and the way each component affects fitness.*

*Topic: Components of Physical Fitness*

14. (p. 34) What characterizes healthy body composition?
- A. high proportion of muscle and bone and an acceptably low proportion of fat and water
  - B. high proportion of muscle, fat, and bone and a low proportion of water
  - C. high proportion of bone, fat, and water and a low proportion of muscle
  - D. high proportion of muscle, bone, and water and an acceptably low proportion of fat**

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*Bloom's: Remember*

*Learning Objective: Identify the components of physical fitness and the way each component affects fitness.*

*Topic: Components of Physical Fitness*

15. (p. 34) What is the best way to lose body fat?
- A. crash diets
  - B. exercising alone
  - C. diet pills and supplements
  - D. sensible diet and regular exercise**

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*Bloom's: Remember*

*Learning Objective: Identify the components of physical fitness and the way each component affects fitness.*

*Topic: Components of Physical Fitness*

16. (p. 34) Which ability is a skill-related fitness component?

- A. motivation
- B. agility**
- C. endurance
- D. flexibility

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*Bloom's: Remember*

*Learning Objective: Identify the components of physical fitness and the way each component affects fitness.*

*Topic: Components of Physical Fitness*

17. (p. 35) Which activity best demonstrates specificity of training?

- A. weight training to develop cardiorespiratory endurance
- B. doing push-ups to develop chest and shoulder endurance**
- C. running to develop flexibility
- D. bicycling to develop back strength

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*Bloom's: Understand*

*Learning Objective: Explain the goal of physical training and the basic principles of training.*

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18. (p. 36) The body adapting to a gradual increase in the amount of exercise is the definition of which stage of exercising?

- A. progressive overload**
- B. specificity of exercise
- C. the principle of reversibility
- D. the principle of assessment

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*Bloom's: Remember*

*Learning Objective: Explain the goal of physical training and the basic principles of training.*

*Topic: Principles of Physical Training*

19. (p. 36) What determines the amount of overload needed to maintain or improve one's fitness level?

- A. warm down time
- B. repetition
- C. specificity
- D.** duration

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*Bloom's: Remember*

*Learning Objective: Explain the goal of physical training and the basic principles of training.*

*Topic: Principles of Physical Training*

20. (p. 37) Which of the following statements about exercise intensity is accurate?

- A. The intensity level required to obtain health benefits is greater than that needed to improve fitness.
- B.** Fitness benefits occur when a person exercises harder than his or her normal level of activity.
- C. The appropriate intensity is the same for all people.
- D. To develop flexibility, a person must stretch the muscles to the same length each time.

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*Bloom's: Understand*

*Learning Objective: Explain the goal of physical training and the basic principles of training.*

*Topic: Principles of Physical Training*

21. (p. 37) What principle forms the basis of the time component of the FITT principle for overload for a muscular strength program?

- A. the amount of weight lifted
- B. the number of training days per week
- C. a cardiorespiratory fitness program
- D.** the number of sets and repetitions of specific exercises

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*Bloom's: Understand*

*Learning Objective: Explain the goal of physical training and the basic principles of training.*

*Topic: Principles of Physical Training*

22. (p. 37) What is the recommended duration for a session of cardiorespiratory endurance exercise?

- A. 5 to 10 minutes
- B. 10 to 20 minutes
- C. 20 to 60 minutes**
- D. 60 to 120 minutes

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*Bloom's: Remember*

*Learning Objective: Explain the goal of physical training and the basic principles of training.*

*Topic: Principles of Physical Training*

23. (p. 37) How quickly will people who stop exercising lose up to 50% of their fitness improvement?

- A. 1 week
- B. 2 weeks
- C. 3 weeks
- D. 2 months**

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*Bloom's: Remember*

*Learning Objective: Explain the goal of physical training and the basic principles of training.*

*Topic: Principles of Physical Training*

24. (p. 38) If one must temporarily stop exercising regularly, which factor should be maintained while the others are curtailed?

- A. specificity
- B. intensity**
- C. frequency
- D. time

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*Bloom's: Remember*

*Learning Objective: Explain the goal of physical training and the basic principles of training.*

*Topic: Principles of Physical Training*

25. (p. 38) What is the maximal improvement in the body's ability to transport and use oxygen that people can expect because of training?

- A. 5 to 10%
- B. 5 to 30%**
- C. 40 to 50%
- D. 60 to 70%

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*Bloom's: Remember*

*Learning Objective: Explain the goal of physical training and the basic principles of training.*

*Topic: Principles of Physical Training*

26. (p. 38) What does the Physical Activity Readiness Questionnaire (PAR-Q) achieve?

- A. establish a proper exercise intensity level
- B. identify potential exercise resources
- C. determine exercise safety**
- D. help set exercise goals

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*Bloom's: Remember*

*Learning Objective: Describe the principles involved in designing a well-rounded exercise program.*

*Topic: Designing Your Own Exercise Program*

27. (p. 38-39) Which condition can an exercise stress test determine?

- A. joint problems
- B. excess body fat
- C. excess emotional stress
- D. symptoms of heart disease**

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*Bloom's: Remember*

*Learning Objective: Describe the principles involved in designing a well-rounded exercise program.*

*Topic: Designing Your Own Exercise Program*

28. (p. 39) What is the first step in creating a successful fitness program?

- A. Determine your training intensity.
- B. Assess your current fitness level.**
- C. Set specific fitness goals.
- D. Plan your fitness program.

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*Bloom's: Remember*

*Learning Objective: Describe the principles involved in designing a well-rounded exercise program.*

*Topic: Designing Your Own Exercise Program*

29. (p. 39) What characteristic helps make goals long lasting and attainable?

- A. Goals should require considerable material rewards.
- B. Goals should be linked to your peers' perceptions.
- C. Goals should be clear and important to you personally.**
- D. Goals should focus on the long term rather than the short term.

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*Bloom's: Understand*

*Learning Objective: Describe the principles involved in designing a well-rounded exercise program.*

*Topic: Designing Your Own Exercise Program*

30. (p. 39) Which activities are on the bottom level of the physical activity pyramid?

- A. walking, climbing stairs, and yard work**
- B. jogging, swimming, and bicycling
- C. weight lifting and running
- D. stretching and walking

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*Bloom's: Remember*

*Learning Objective: Describe the principles involved in designing a well-rounded exercise program.*

*Topic: Designing Your Own Exercise Program*

31. (p. 39) Which activities are best for developing cardiorespiratory endurance?
- A. activities that involve continuous rhythmic movements of large muscle groups
  - B. activities that alternate between brief periods of maximal exertion and rest
  - C. activities that gently extend joints beyond their normal range of motion
  - D. activities that involve working with weights or against resistance

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*Bloom's: Remember*

*Learning Objective: Describe the principles involved in designing a well-rounded exercise program.*

*Topic: Designing Your Own Exercise Program*

32. (p. 40) Which activities best develop muscular strength and endurance?
- A. activities that involve continuous rhythmic movements of large muscle groups
  - B. activities that gently extend joints beyond their normal range of motion
  - C. activities that involve working with resistance, such as weights or performing callisthenic exercises
  - D. activities that decrease body fat

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*Learning Objective: Describe the principles involved in designing a well-rounded exercise program.*

*Topic: Designing Your Own Exercise Program*

33. (p. 40) Which is most effective in improving flexibility?
- A. stretching when muscles feel tight
  - B. stretching once a month
  - C. stretching a few muscles each time
  - D. stretching major muscle groups regularly

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*Bloom's: Remember*

*Learning Objective: Describe the principles involved in designing a well-rounded exercise program.*

*Topic: Designing Your Own Exercise Program*

34. (p. 40) What is a key to improving fitness?

- A. exercise very hard
- B. exercise consistently**
- C. choose the best form of exercise
- D. exercise for long periods

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*Bloom's: Remember*

*Learning Objective: List the steps that can be taken to make an exercise program safe, effective, and successful.*

*Topic: Guidelines for Training*

35. (p. 40) Which combination of activities develops healthy body composition?

- A. weight training, stretching, and cardiorespiratory endurance exercise
- B. sensible diet, resistance training, and cardiorespiratory endurance exercise**
- C. sensible diet, resistance training, and stretching
- D. sensible diet, stretching, and cardiorespiratory endurance exercise

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*Bloom's: Remember*

*Learning Objective: Describe the principles involved in designing a well-rounded exercise program.*

*Topic: Designing Your Own Exercise Program*

36. (p. 41) When do overuse or overtraining injuries occur?

- A. when a person trains 3 days per week
- B. when a person warms up prior to exercise
- C. when a person increases the frequency of exercise before increasing the intensity of exercise
- D. when a person increases the intensity of exercise before increasing the time (duration) of exercise**

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*Bloom's: Remember*

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*Topic: Guidelines for Training*

37. (p. 42) How does cooling down help those who exercise?

- A. It restores circulation to its normal resting condition.
- B. It extends the duration of the cardiorespiratory endurance portion of the workout.
- C. It increases the chance of overtraining.
- D. It is most effective for workouts of less than 20 minutes in duration.

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*Bloom's: Remember*

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*Topic: Guidelines for Training*

38. (p. 42) What is one way to develop a higher degree of fitness?

- A. Consistently overtrain.
- B. Keep a rigid program.
- C. Vary the program from time to time.
- D. Take time off and the restart the process.

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*Bloom's: Remember*

*Learning Objective: List the steps that can be taken to make an exercise program safe, effective, and successful.*

*Topic: Guidelines for Training*

39. (p. 42) What is another name for cycle training?

- A. specificity
- B. skill training
- C. periodization
- D. overload

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

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*Topic: Guidelines for Training*

40. (p. 46) Which is a good strategy for evaluating a health and fitness center?

- A. Sign a long term contract.
- B.** Visit at the time one plans to use the club.
- C. Accept the lowest cost of membership.
- D. Assume equipment will be updated regularly.

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*Bloom's: Remember*

*Learning Objective: List the steps that can be taken to make an exercise program safe, effective, and successful.*

*Topic: Guidelines for Training*

### **True / False Questions**

41. (p. 28) Short periods of inactivity do not compensate for hours of inactivity.

**TRUE**

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*Bloom's: Remember*

*Learning Objective: Describe how much physical activity is recommended for developing health and fitness.*

*Topic: Physical Activity for Health and Fitness*

42. (p. 28) The relative risk of death from heart disease decreases by as much as 65% when the least and most active men and women are compared.

**TRUE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Describe how much physical activity is recommended for developing health and fitness.*

*Topic: Physical Activity for Health and Fitness*

43. (p. 28) *Exercise* and *physical activity* are synonyms.

**FALSE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Describe how much physical activity is recommended for developing health and fitness.*

*Topic: Physical Activity for Health and Fitness*

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44. (p. 29) To obtain health benefits, one should do daily physical activity in one session rather than in multiple bouts.

**FALSE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Describe how much physical activity is recommended for developing health and fitness.*

*Topic: Physical Activity for Health and Fitness*

45. (p. 30) The benefits of exercise extend beyond disease prevention.

**TRUE**

*Accessibility: Keyboard Navigation*

*Bloom's: Understand*

*Learning Objective: Describe how much physical activity is recommended for developing health and fitness.*

*Topic: Physical Activity for Health and Fitness*

46. (p. 32) Moderate levels of physical activity can improve brain health and function.

**TRUE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Describe how much physical activity is recommended for developing health and fitness.*

*Topic: Physical Activity for Health and Fitness*

47. (p. 30) Daily physical activity of 30 minutes per day is sufficient for most people to maintain weight loss.

**FALSE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Describe how much physical activity is recommended for developing health and fitness.*

*Topic: Physical Activity for Health and Fitness*

48. (p. 31) Moderate-intensity physical activity can improve health, but it may not be enough to improve fitness.

**TRUE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Describe how much physical activity is recommended for developing health and fitness.*

*Topic: Physical Activity for Health and Fitness*

49. (p. 32) Cardiorespiratory endurance is the ability to perform short-duration, high-intensity exercise.

**FALSE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Identify the components of physical fitness and the way each component affects fitness.*

*Topic: Components of Physical Fitness*

50. (p. 33) Muscular strength is the ability to sustain a given level of muscular tension for a long period of time or to contract a muscle repeatedly.

**FALSE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Identify the components of physical fitness and the way each component affects fitness.*

*Topic: Components of Physical Fitness*

51. (p. 33) Cardiorespiratory endurance training is the best way to increase muscle mass.

**FALSE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Identify the components of physical fitness and the way each component affects fitness.*

*Topic: Components of Physical Fitness*

52. (p. 34) A person with excessive body fat is less likely to experience health problems.

**FALSE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Identify the components of physical fitness and the way each component affects fitness.*

*Topic: Components of Physical Fitness*

53. (p. 34) Coordination is considered a health-related component of fitness.

**FALSE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Identify the components of physical fitness and the way each component affects fitness.*

*Topic: Components of Physical Fitness*

54. (p. 34) Balance is considered a skill-related component of fitness.

**TRUE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Identify the components of physical fitness and the way each component affects fitness.*

*Topic: Components of Physical Fitness*

55. (p. 35) The principle of specificity states that placing increasing amounts of stress on the body causes adaptations that improve fitness.

**FALSE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Explain the goal of physical training and the basic principles of training.*

*Topic: Principles of Physical Training*

56. (p. 36) The amount of exercise a person needs to improve fitness is dependent on that person's current level of fitness.

**TRUE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Explain the goal of physical training and the basic principles of training.*

*Topic: Principles of Physical Training*

57. (p. 37) The optimal exercise frequency for improving one's health-related cardiorespiratory fitness level is three to five days per week.

**TRUE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Explain the goal of physical training and the basic principles of training.*

*Topic: Principles of Physical Training*

58. (p. 37) Cardiorespiratory endurance exercise should take place in sessions or bouts of at least 20 continuous minutes in order to build fitness.

**FALSE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Explain the goal of physical training and the basic principles of training.*

*Topic: Principles of Physical Training*

59. (p. 37) To obtain fitness benefits, one must do high-intensity endurance exercise for a minimum of 45 to 60 minutes.

**FALSE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Explain the goal of physical training and the basic principles of training.*

*Topic: Principles of Physical Training*

60. (p. 37) A person who stops exercising on a regular basis may lose up to 50% of her or his fitness improvements within two months.

**TRUE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Explain the goal of physical training and the basic principles of training.*

*Topic: Principles of Physical Training*

61. (p. 38) Only healthy women over the age of 40 should see a physician before beginning an exercise program.

**FALSE**

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*Bloom's: Remember*

*Learning Objective: Describe the principles involved in designing a well-rounded exercise program.*

*Topic: Designing Your Own Exercise Program*

62. (p. 39) The bottom level of the physical activity pyramid contains strength training and flexibility exercises.

**FALSE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Describe the principles involved in designing a well-rounded exercise program.*

*Topic: Designing Your Own Exercise Program*

63. (p. 39) Swimming and jogging can help develop cardiorespiratory endurance.

**TRUE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Describe the principles involved in designing a well-rounded exercise program.*

*Topic: Designing Your Own Exercise Program*

64. (p. 40) Callisthenic exercises such as sit-ups and push-ups can develop muscular strength and endurance.

**TRUE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Describe the principles involved in designing a well-rounded exercise program.*

*Topic: Designing Your Own Exercise Program*

65. (p. 39) Lifestyle physical activities make up the tip of the physical activity pyramid.

**FALSE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: Describe the principles involved in designing a well-rounded exercise program.*

*Topic: Designing Your Own Exercise Program*

66. (p. 41) The three phases of an exercise program are the beginning, progress, and maintenance phases.

**TRUE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: List the steps that can be taken to make an exercise program safe, effective, and successful.*

*Topic: Guidelines for Training*

67. (p. 42) A warm-up reduces the temperature of muscles.

**FALSE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: List the steps that can be taken to make an exercise program safe, effective, and successful.*

*Topic: Guidelines for Training*

68. (p. 42) Training lightly during one workout and intensely during the next workout is an example of periodization.

**TRUE**

*Accessibility: Keyboard Navigation*

*Bloom's: Remember*

*Learning Objective: List the steps that can be taken to make an exercise program safe, effective, and successful.*

*Topic: Guidelines for Training*

### Short Answer Questions

69. Define *physical activity* and *exercise*, and describe the differences between them. Give at least three specific examples of each.

Answers will vary

*Bloom's: Understand*

*Learning Objective: Describe how much physical activity is recommended for developing health and fitness.*

*Topic: Physical Activity for Health and Fitness*

70. Explain the differences among the guidelines for lifestyle physical activity for health promotion, the guidelines for physical activity to promote weight management, and the guidelines for exercise to build physical fitness. Give an example of a program that meets the goals set by each of these three sets of guidelines.

Answers will vary

*Bloom's: Apply*

*Learning Objective: Explain the goal of physical training and the basic principles of training.*

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71. List and describe each dimension of progressive overload. Provide an example of how to apply each to one of the components of health-related fitness.

Answers will vary

*Bloom's: Understand*

*Learning Objective: Identify the components of physical fitness and the way each component affects fitness.*

*Topic: Components of Physical Fitness*

72. List the levels of the physical activity pyramid; and describe the type of activity and the recommended frequency for each level.

Answers will vary

*Bloom's: Remember*

*Learning Objective: Describe the principles involved in designing a well-rounded exercise program.*

*Topic: Designing Your Own Exercise Program*

73. Describe an appropriate warm-up and cool-down for an exercise session. List at least three positive effects that each exercise has on the body.

Answers will vary

*Bloom's: Understand*

*Learning Objective: List the steps that can be taken to make an exercise program safe, effective, and successful.*

*Topic: Guidelines for Training*