

Chapter 2: Prevention, Health, and Wellness

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- ____ 1. Each of the following is a prescreening question that should be addressed before participation in a health promotion program, *except*:
 - A. Have you ever been diagnosed with a heart condition?
 - B. What is your blood pressure and heart rate normally?
 - C. Do you experience chest pain when you do physical activity?
 - D. Do you ever lose your balance or lose consciousness?

- ____ 2. An individual who perceives a threat of contracting a disease follows specific health recommendations to prevent or reduce the risk of contracting the disease. These behaviors are aligned with what behavioral change theory or model?
 - A. Social cognitive theory
 - B. Health belief model
 - C. Transtheoretical model
 - D. Risk assessment theory

- ____ 3. The goals of *Healthy People 2020* are based on the nation's vision to:
 - A. Eliminate HIV and develop an immunization for prevention of AIDS.
 - B. Develop a cure for the common cold.
 - C. Promote smoking cessation, eliminate tobacco use, and pass legislation in all states banning smoking in public places.
 - D. Foster a society where all people live long and healthy lives.

- ____ 4. Mr. K has had chronic low back pain for several years. He lives a sedentary lifestyle that includes office work and being a self-reported "TV junkie." His physician suggests physical therapy for exercise and management of his pain. Even though Mr. K schedules physical therapy, initially he does not think that exercises will help his pain. He does not associate his lifestyle with his low back pain and therefore does not consider making changes. After his first session with the physical therapist, Mr. K realizes that changes in his lifestyle and regular exercise may help decrease his low back pain. So he decides to continue physical therapy two times a week for 1 month as suggested. Following the first physical therapy session, Mr. K shows he is in which of the following stages of change associated with the transtheoretical model of behavioral change?
 - A. Contemplation
 - B. Preparation
 - C. Action
 - D. Maintenance

- ____ 5. Which of the following sequences represents the correct order for developing and implementing a health promotion program?
 - A. Assess the need; set goals and objectives; develop the intervention; implement the program; evaluate the program.
 - B. Develop goals and objectives for a program; assess the need; design an intervention; implement the program; evaluate the outcomes.

- C. Develop a broad-based intervention; set goals and objectives that could be met; assess the community's needs; implement the program; evaluate the program's effectiveness.
- D. Evaluate the goals, objectives, and effectiveness of a previously implemented program; modify or update the program based on the evaluation; assess the current needs of a community; implement the new program.

- _____ 6. The purpose of performing pre-participation screenings and risk assessments when developing health, wellness, and fitness programs includes all of the following *except*:
- A. To provide the therapist with baseline information for monitoring the individuals' response to program progression
 - B. To determine the motivational readiness of the individual to make lifestyle changes
 - C. To assist the therapist in developing an appropriate level of exercise for the individuals
 - D. To identify if an individual should be referred to a physician prior to participation in the program
- _____ 7. It is well known that participation in regular physical exercise decreases with age. It is estimated that 38% of adults, 18 to 24 years of age, participate in an adequate level of exercise to promote health and fitness. However, by 64 to 75 years of age, what percent of adults participate in a sufficient level of exercise?
- A. 26%
 - B. 18%
 - C. 12%
 - D. Less than 5%
- _____ 8. You have designed and are directing an exercise class for individuals who have been diagnosed with high blood pressure or heart disease. This type of program falls within the definition of which type of prevention?
- A. Multifactorial prevention
 - B. Primary prevention
 - C. Secondary prevention
 - D. Tertiary prevention
- _____ 9. All of the following risk factors are common to both coronary artery disease (CAD) and osteoporosis *except*:
- A. Prolonged use of corticosteroids
 - B. Smoking
 - C. Sedentary lifestyle
 - D. Family history
- _____ 10. Which of the following best describes the target audience for a program of physical activity designed for primary prevention of childhood obesity?
- A. A group of morbidly obese children who have been diagnosed with type 2 diabetes
 - B. A group of mildly obese children who are identified as being "at risk" for type 2 diabetes
 - C. A group of mildly obese children
 - D. A group of sedentary children whose weight is within normal limits

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Answer Section

MULTIPLE CHOICE

1. ANS: B	PTS: 1	DIF: Basic	KEY: Book Part: Part I: General Concepts
2. ANS: B	PTS: 1	DIF: Intermediate	KEY: Book Part: Part I: General Concepts
3. ANS: D	PTS: 1	DIF: Basic	KEY: Book Part: Part I: General Concepts
4. ANS: B	PTS: 1	DIF: Intermediate	KEY: Book Part: Part I: General Concepts
5. ANS: A	PTS: 1	DIF: Basic	KEY: Book Part: Part I: General Concepts
6. ANS: B	PTS: 1	DIF: Basic	KEY: Book Part: Part I: General Concepts
7. ANS: A	PTS: 1	DIF: Basic	KEY: Book Part: Part I: General Concepts
8. ANS: C	PTS: 1	DIF: Basic	KEY: Book Part: Part I: General Concepts
9. ANS: A	PTS: 1	DIF: Intermediate	KEY: Book Part: Part I: General Concepts
10. ANS: D	PTS: 1	DIF: Intermediate	KEY: Book Part: Part I: General Concepts