

Content Assessment Knowledge Test

1. The integration of many aspects of health that contribute to the quality of life is termed:
- a. **Wellness*****
 - b. Fitness
 - c. Health
 - d. All of the Above

% Correct Pre-Test	% Correct Post-Test	% Change
35%	64%	29%

2. Which of the following is the leading cause of death in the United States?
- a. Cancer
 - b. **Heart Disease*****
 - c. Stroke
 - d. Injuries

% Correct Pre-Test	% Correct Post-Test	% Change
68%	71%	3%

3. According to the American College of Sports Medicine, how often should the average person exercise?
- a. 10-20 min. 2-3 days/wk
 - b. 60-90 min. 1-3 days/wk
 - c. **20-60 min. 3-5 days/wk*****
 - d. 40-50 min. 6-7 days/wk

% Correct Pre-Test	% Correct Post-Test	% Change
68%	77%	9%

4. What is the primary purpose of a warm-up?
- a. **Prepares body for workout*****
 - b. Prevent hypothermia
 - c. Return the body to rest
 - d. Prevent hyperthermia

% Correct Pre-Test	% Correct Post-Test	% Change
98%	9687%	9%

5. What is the primary purpose of a cool-down?
- a. Prepares body for workout
 - b. Prevent hypothermia
 - c. **Return the body to rest*****
 - d. Prevent hyperthermia

% Correct Pre-Test	% Correct Post-Test	% Change
97%	90%	-7%

6. Which of the following activities would be best to improve cardiorespiratory endurance?
- a. Weights – 1 set of 5 reps
 - b. **Jogging*****
 - c. Weights - 5 sets of 18 reps
 - d. Stretching

% Correct Pre-Test	% Correct Post-Test	% Change
96%	94%	-2%

7. Which of the following activities would be best to improve muscular strength?
- a. **Weights - 1 set of 5 reps*****
 - c. Weights - 5 sets of 18 reps

b. Jogging

d. Stretching

% Correct Pre-Test	% Correct Post-Test	% Change
67%	70%	3%

8. Which of the following activities would be best to improve muscular endurance?
- a. Weights - 1 set of 5 reps
 - b. Jogging
 - c. **Weights - 5 sets of 18 reps*****
 - d. Stretching

% Correct Pre-Test	% Correct Post-Test	% Change
77%	75%	-2%

9. Which of the following activities would be best to improve flexibility?
- a. Weights – 1 set of 5 reps
 - b. Jogging
 - c. Weights – 5 sets of 18 reps
 - d. **Stretching*****

% Correct Pre-Test	% Correct Post-Test	% Change
99%	98%	-1%

10. Body Composition refers to the body's relative percentage of:
- a. **Fat, muscle, bone, etc.*****
 - b. Weight of the fat
 - c. Weight of the internal organs
 - d. Weight of the muscle

% Correct Pre-Test	% Correct Post-Test	% Change
75%	65%	-10%

11. Which of the following is the proper dietary recommendation concerning the percentage of carbohydrate, protein, and fat?
- a. 30:60:10
 - b. 30:30:40
 - c. 40:40:20
 - d. **60/30/10*****

% Correct Pre-Test	% Correct Post-Test	% Change
24%	40%	-16%

12. What would be the reason to calculate an exercising heart rate?
- a. Your personal trainer tells you to.
 - b. To see if you are having a heart attack
 - c. **To check your exercise intensity*****
 - d. To check your exercise frequency

% Correct Pre-Test	% Correct Post-Test	% Change
86%	91%	5%

13. How is nutrition related to a person's risk of cancer?
- a. **Diet is a major lifestyle risk factor for cancer*****
 - b. Diet can be used to cure cancer
 - c. Diet can be used to prevent cancer
 - d. There is no relationship between nutrition and cancer

% Correct Pre-Test	% Correct Post-Test	% Change
30%	45%	15%

14. How is exercise related to a person's risk of cardiovascular disease?
- Low Cardiovascular Fitness helps prevent cardiovascular disease
 - Low Cardiovascular Fitness is the number 1 risk factor*****
 - Low overall fitness prevents cardiovascular disease
 - Low overall fitness cures cardiovascular disease

% Correct Pre-Test	% Correct Post-Test	% Change
75%	83%	8%

15. Which of the following is NOT a component of a well-written objective?
- Specific
 - Measurable
 - Has a deadline
 - All are components*****

% Correct Pre-Test	% Correct Post-Test	% Change
75%	89%	14%

16. Considering addictive substances (alcohol or drugs), what term denotes the phenomenon of requiring more and more substance over time to achieve the desired effect?
- Abuse
 - Tolerance*****
 - Intoxication
 - Dependence

% Correct Pre-Test	% Correct Post-Test	% Change
55%	61%	6%

17. What is the leading cause of stress?
- Money
 - Family
 - Depends on the person*****
 - Alcohol

% Correct Pre-Test	% Correct Post-Test	% Change
56%	57%	1%

18. How can stress be related to the amount of sleep a person gets?
- Stress causes sleep problems
 - Sleep causes stress problems
 - There is no relationship
 - A and B could be correct*****

% Correct Pre-Test	% Correct Post-Test	% Change
62%	68%	6%

19. The first step in good time management is:
- Monitor current time usage
 - Make a schedule for your time
 - Establish priorities for your time****
 - Analyze how you currently use time

% Correct Pre-Test	% Correct Post-Test	% Change
22%	20%	-2%