

## Unit Test: Moderate and Vigorous Physical Activity

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

1. Which statement is true?
  - a. Public health scientists place a high priority on moderate physical activities because you get the most health benefits from them.
  - b. Public health scientists place a high priority on moderate physical activities because moderate physical activities provide many health benefits and they are easy to do.
  - c. People of all ages and ability levels can perform vigorous activities.
  - d. Lifestyle physical activities are not moderate activities.
  
2. Light activities (requiring 2 to 3.9 METs) such as making a bed, washing dishes while standing, and preparing food are not intense enough to be considered
  - a. fun
  - b. health-enhancing
  - c. worthwhile
  - d. aerobic
  
3. Which statement is true?
  - a. The national physical activity guidelines for Americans recommend 60 minutes of activity each day for teens. Some of the activity can be light physical activity and some of the activity should be flexibility exercises performed two or three times per week.
  - b. The national physical activity guidelines for Americans recommend 60 minutes of activity each day for teens. Some of the recommended activity should be vigorous activity performed at least three days a week and some should be muscle fitness and bone-building activity performed at least two days a week.
  - c. The national physical activity guidelines for Americans recommend 60 minutes of activity each day for teens and adults. This is a realistic target for most Americans.
  - d. The national physical activity guidelines for Americans recommend 60 minutes of activity each day for adults. This is a realistic and specific target for weight loss.

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4. Moderate physical activity requires
  - a. 1 to 2 times more energy than rest
  - b. 4 to 7 times more energy than rest
  - c. 9 to 13 times more energy than rest
  - d. 15 to 20 times more energy than rest
  
5. Which list includes guidelines for managing time?
  - a. keep track of your time, analyze your time use, schedule your time
  - b. keep track of your time, get a calendar, schedule your time
  - c. get a watch, keep track of your time, analyze your time
  - d. get a watch, analyze your time use, plan your time use
  
6. Which is a SMART short-term moderate physical activity goal?
  - a. Lose 2 pounds each week for 3 weeks.
  - b. Engage in muscle fitness activities three times per week for 3 weeks.
  - c. Accumulate 30 minutes of brisk walking every day for 3 weeks.
  - d. Lose 6 pounds by accumulating 30 minutes of brisk walking every day for 3 weeks.
  
7. Which statement is true?
  - a. Improving cardiorespiratory endurance requires a combination of aerobic and muscle fitness activities.
  - b. Of the 11 parts of fitness, cardiorespiratory endurance is the most important because those who have it receive many health and wellness benefits, including a chance for a longer life.
  - c. Improving cardiorespiratory endurance will improve your overall health but will not affect your appearance.
  - d. Of the 11 parts of fitness, cardiorespiratory endurance provides the most benefit to athletes such as runners and soccer players.

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8. Your heart has two ways to get more blood to your muscles: by beating faster or by sending more blood with each beat (called stroke volume).
- true
  - false
9. Which statement is true?
- A fit person's heart may work more efficiently than a nonfit person's heart because genetics determines the heart's efficiency.
  - A fit person's heart may work the same as a nonfit person's heart because genetics determines the heart's efficiency.
  - A fit person's heart works more efficiently by pumping less blood with more beats.
  - A fit person's heart works more efficiently by pumping more blood with fewer beats.
10. The \_\_\_\_\_ your cardiorespiratory endurance score, the lower your risk of \_\_\_\_\_ disease.
- higher; hypokinetic
  - higher; hyperkinetic
  - lower; hypokinetic
  - lower; hyperkinetic
11. Vigorous aerobic activity, from the \_\_\_\_\_ of the physical activity pyramid for teens, is the most effective for building cardiorespiratory endurance.
- first step
  - second step
  - third step
  - fourth step

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12. The \_\_\_\_\_ is one of two methods of determining target heart rates. This method is considered the \_\_\_\_\_, but it is a bit more difficult to calculate than the other method.
- percent of maximal heart rate method; least accurate
  - percent of maximal heart rate method; most accurate
  - heart rate reserve method; least accurate
  - heart rate reserve method; least accurate
13. To use the heart rate reserve method for determining target heart rate, you must know both your \_\_\_\_\_ and your \_\_\_\_\_ heart rates.
- maximal; submaximal
  - target; threshold
  - resting; threshold
  - resting; maximal
14. What are the two types of vigorous physical activities shown in the Physical Activity Pyramid?
- vigorous aerobics and vigorous sports and recreation
  - vigorous dance and vigorous sports
  - vigorous aerobic and vigorous team sports
  - vigorous dance and vigorous exercise
15. Identify all of the reasons why aerobic activities are among the most popular of all activities in the Physical Activity Pyramid.
- They often do not require high levels of skill.
  - They often do not require much effort.
  - They often do not require a partner or group.
  - They are often noncompetitive.
  - They are often done at a gym.

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16. What is one goal of circuit training?
- to try as many exercises as possible in an exercise session
  - to get as much rest between circuits as possible
  - to do more work than the others in the circuit training class
  - to keep your heart rate in the target zone
17. What kinds of sports are hard to do after the school years because they require other participants as well as special equipment or facilities?
- dual sports
  - team sports
  - extreme sports
  - challenge sports
18. Vigorous recreation includes activities that are \_\_\_\_\_ and typically \_\_\_\_\_.
- hard; technical
  - fun; noncompetitive
  - exhausting; noncompetitive
  - fun; outdoors
19. Identify all of the true statements.
- Softball is not particularly good for developing fitness, but it does require good fitness.
  - Some people mistakenly assume that fitness is not necessary for certain sports, especially if the sports do little to build fitness.
  - People should exercise regularly for two weeks before skiing to get ready for it and to avoid injury.
  - Participation in vigorous activity has greater risk of injury than doing no activity, light activity, or moderate activity.
  - Vigorous aerobics are relatively safe compared to other vigorous sports and recreational activities.

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20. Which is the correct sequence for planning your personal vigorous physical activity plan?
- a. determine personal needs, consider your program options, set goals, structure your program plan, evaluate your program
  - b. determine personal needs, assess your fitness, set goals, structure your program plan, evaluate your program
  - c. set goals, assess your fitness, structure your program plan, perform your plan, evaluate your program, revisit goals
  - d. set goals, structure your program plan, perform your plan, evaluate your program, revisit goals

21. Describe three health benefits from participating in moderate physical activities.

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22. Describe three benefits of cardiorespiratory endurance to health and wellness.

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23. Describe the FIT formula for developing cardiorespiratory endurance.

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24. List the FIT formula for moderate physical activities for teens.

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25. List three guidelines for safe participation in vigorous physical activities.

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