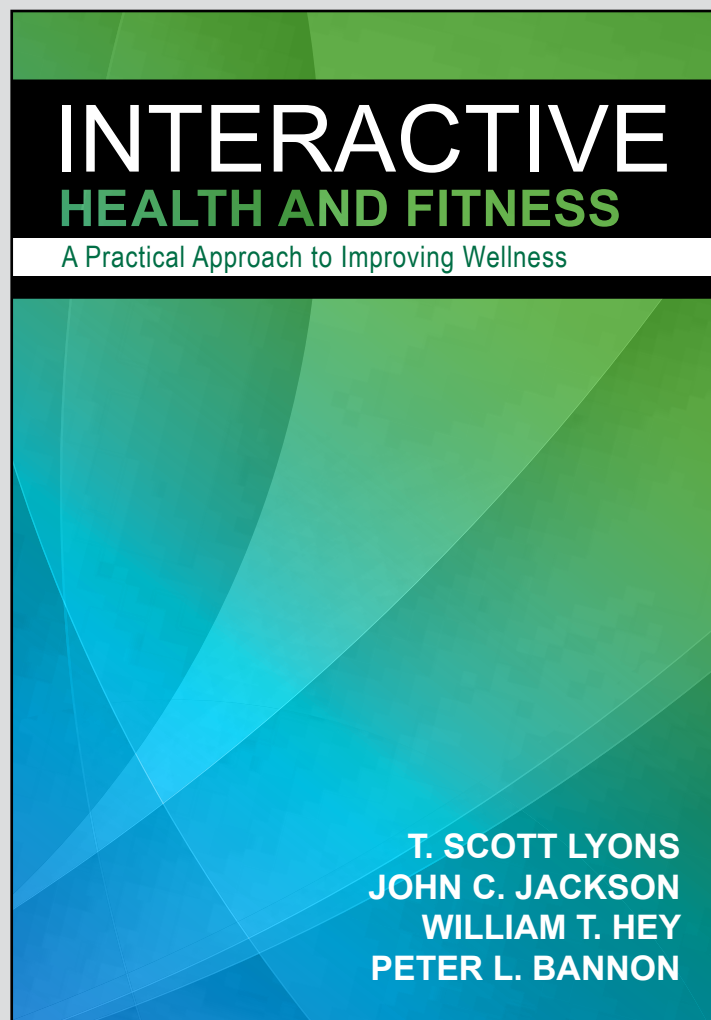


# TEST BANK

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**SAGAMORE**  
P U B L I S H I N G

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# PART 1

## (CHAPTERS 1–3)

### TRUE/FALSE

- Antecedents assess what cues or stimulates a person to act in certain ways.
  - True \***
  - False
- Anxiety results from not being able to cope or deal with emotions and situations in emotionally healthy ways.
  - True \***
  - False
- A defense mechanism is any behavior we use to avoid confronting a situation or problem.
  - True \***
  - False
- Health is a range from feelings of wellness and not showing signs of sickness to the absence of symptoms of sickness.
  - True \***
  - False
- Health behavior is any activity undertaken by a person believing himself/herself to be healthy; for the purpose of preventing disease or detecting it in an asymptomatic stage.
  - True \***
  - False
- Predisposing factors are our skills and abilities; our physical, mental and emotional capabilities; adequate supports and availability of health resources.
  - True
  - False \* (Enabling)**
- Emotional wellness is the impact that the world has on well-being.
  - True
  - False \* Environmental**
- Emotional wellness is a part of mental wellness, is the ability to deal constructively with reality, regardless of whether the situation is good or bad.
  - True \***
  - False
- Health risk factors are characteristics or patterns of behavior that are associated with the potential for developing an illness or a disease.
  - True \***
  - False
- Illness can be described as experiencing sickness or lack of well-being.
  - True \***
  - False

11. Wellness consists of choices, actions, habits, and patterns that are within our control and that increase or decrease our risk for illness or disease.
  - a. True
  - b. False \* Lifestyle**
12. Locus of control is the location (internal or external) that a person believes is the source and cause of life events.
  - a. True \***
  - b. False
13. Social wellness is the ability to perceive reality as it is, to respond to challenges, and to develop rational strategies for living.
  - a. True
  - b. False \* Mental wellness**
14. Environmental wellness is the optimal functioning of all the body's physiological systems to help maintain homeostasis.
  - a. True
  - b. False \* Physical wellness**
15. Disposing factors are our life experiences, knowledge, beliefs, values, attitudes, culture, age, sex, race, income, heredity, education, and access to health care.
  - a. True
  - b. False \* Predisposing factors**
16. Reinforcing factors promote the likelihood of behavior change occurring are incentives and rewards.
  - a. True \***
  - b. False
17. Self-efficacy is the belief in one's ability to accomplish a specific task or behavior.
  - a. True \***
  - b. False
18. Spirituality is a personal code of ethics, a moral structure, a person's center, his or her feelings of oneness with his/her surroundings.
  - a. True \***
  - b. False
19. Wellness is the constant and deliberate effort to stay healthy and achieve the highest potential for total well-being.
  - a. True \***
  - b. False
20. Health promotion has been defined as any combination of health education and related organizational, political, and economic intervention designed to facilitate behavioral and environmental changes conducive to health.
  - a. True \***
  - b. False
21. Health education as any combination of learning experiences that promotes voluntary actions and informed decisions conducive to health and health education and is concerned with the health behavior of individuals and with the living and working conditions that influence their health.
  - a. True \***
  - b. False

22. Phobias arise when an unwanted thought (the obsession) or action (the compulsion) or both continually intrude on and interrupt conscious functioning.
- a. True
  - b. False \* Obsessive compulsive behaviors**
23. Hypochondria is unrealistic fears of animals, objects, or situations that produce an overwhelming desire to avoid what is feared.
- a. True
  - b. False \* Phobias**
24. Hypochondria is a constant concern about the possibility of contracting numerous ailments or illnesses.
- a. True \***
  - b. False
25. Depression is the most frequently occurring emotional disorder and is characterized by loss of interest in daily living.
- a. True \***
  - b. False
26. Physical activity refers to any activity that requires movement.
- a. True \***
  - b. False
27. The only exercise that increases physical fitness is unstructured exercise.
- a. True
  - b. False \***
28. The term “chronic disease” is sometimes interchangeable with the term “lifestyle disease.”
- a. True \***
  - b. False
29. Age is a controllable risk factor.
- a. True
  - b. False \***
30. Physical activity can be measured more accurately through a survey process referred to as “recall” than through the use of wearable technology.
- a. True
  - b. False \***
31. Obesity is a chronic disease.
- a. True \***
  - b. False
32. Aerobic capacity and cardiorespiratory endurance are interchangeable and refers to a person’s ability to engage in moderate-to-high-intensity exercise over a period of time.
- a. True \***
  - b. False
33. Fat free mass is comprised of muscle, bone, and water.
- a. True \***
  - b. False
34. Exercise is not as important as we age.
- a. True
  - b. False \***

35. Weather is not an intrinsic barrier to exercise.
- a. **True \***
  - b. False
36. Lack of social influence can be a barrier to cardiorespiratory exercise.
- a. **True \***
  - b. False

## MULTIPLE CHOICE

37. \_\_\_\_\_ consists of choices, actions, habits, and patterns that are within our control and that increase or decrease our risk for illness or disease.
- a. **Lifestyle \***
  - b. Anxiety
  - c. Antecedents
  - d. Defense Mechanism
38. \_\_\_\_\_ results from not being able to cope or deal with emotions and situations in emotionally healthy ways.
- a. Lifestyle
  - b. Antecedents
  - c. **Anxiety \***
  - d. Defense mechanism
39. \_\_\_\_\_ factors promote the likelihood of behavior change occurring are incentives and rewards.
- a. Locus of control
  - b. Enabling
  - c. Predisposing
  - d. **Reinforcing \***
40. \_\_\_\_\_ factors are our skills and abilities; our physical, mental and emotional capabilities; adequate supports and availability of health resources; the community and government priority and commitment to health; safe areas, and our time and money.
- a. Locus of control
  - b. **Enabling \***
  - c. Predisposing
  - d. Reinforcing
41. \_\_\_\_\_ factors are our life experiences, knowledge, beliefs, values, attitudes, culture, age, sex, race, income, heredity, education, and access to health care.
- a. Locus of control
  - b. Enabling
  - c. **Predisposing \***
  - d. Reinforcing
42. The location (internal or external) that a person believes is the source and cause of life events is know as \_\_\_\_\_.
- a. **Locus of control \***
  - b. Antecedents
  - c. Wellness
  - d. Health

43. The optimal functioning of all the body's physiological systems to help maintain homeostasis is defined as \_\_\_\_\_ wellness.
- a. **Physical \***
  - b. Emotional
  - c. Spiritual
  - d. Environmental
44. The ability to deal constructively with reality, regardless of whether the situation is good or bad is defined as \_\_\_\_\_ wellness.
- a. Physical
  - b. **Emotional \***
  - c. Spiritual
  - d. Environmental
45. The impact that the world has on wellbeing is defined as \_\_\_\_\_ wellness.
- a. Physical
  - b. Emotional
  - c. Spiritual
  - d. **Environmental \***
46. \_\_\_\_\_ is any combination of learning experiences that promotes voluntary actions and informed decisions of a person.
- a. Health
  - b. Health behavior
  - c. Health promotion
  - d. **Health education \***
47. A range from feelings of wellness and not showing signs of sickness to the absence of symptoms of sickness is known as \_\_\_\_\_.
- a. **Health \***
  - b. Health behavior
  - c. Health promotion
  - d. Health education
48. Any activity undertaken by a person believing himself/herself to be healthy; for the purpose of preventing disease is \_\_\_\_\_.
- a. Health
  - b. **Health behavior \***
  - c. Health promotion
  - d. Health education
49. A characteristic or pattern of behavior that is associated with the potential for developing an illness or a disease is \_\_\_\_\_.
- a. Self-efficacy
  - b. Spirituality
  - c. **A health risk factor \***
  - d. Wellness
50. \_\_\_\_\_ is the belief in one's ability to accomplish a specific task or behavior.
- a. **Self-efficacy \***
  - b. Spirituality
  - c. A health risk factor
  - d. Wellness

51. The constant and deliberate effort to stay healthy and achieve the highest potential for total well-being is \_\_\_\_\_.
- a. Self-efficacy
  - b. Spirituality
  - c. A health risk factor
  - d. **Wellness \***
52. A personal code of ethics, a moral structure, a person's center, his or her feelings of oneness with his/her surroundings is known as \_\_\_\_\_.
- a. Self-efficacy
  - b. **Spirituality \***
  - c. A health risk factor
  - d. Wellness
53. A constant concern about the possibility of contracting numerous ailments or illnesses is called \_\_\_\_\_.
- a. Obsessive-compulsive behavior
  - b. Phobias
  - c. **Hypochondria \***
  - d. Depression
54. Unrealistic fears of animals, objects, or situations that produce an overwhelming desire to avoid what is feared is a \_\_\_\_\_.
- a. Obsessive-compulsive behavior
  - b. **Phobia \***
  - c. Hypochondria
  - d. Depression
55. \_\_\_\_\_ arise when an unwanted thought or action or both continually intrude on and interrupt conscious functioning.
- a. **Obsessive-compulsive behavior \***
  - b. Phobia
  - c. Hypochondria
  - d. Depression
56. The stage of change where there is no current intention of changing or might be in denial and unaware of any problem is called \_\_\_\_\_.
- a. **Precontemplation \***
  - b. Contemplation
  - c. Preparation
  - d. Action
57. \_\_\_\_\_ is the stage of change when a person is close to taking action. A plan that focuses on what can be done is in place, and factors that have enabled or obstructed success in the past have been identified and modified.
- a. Precontemplation
  - b. Contemplation
  - c. **Preparation \***
  - d. Action



58. \_\_\_\_\_ is the stage of change when a person implements and begins to follow a wellness plan with realistic goals, alternatives to the plan, and identified support systems to improve the likelihood of success.
- Precontemplation
  - Contemplation
  - Preparation
  - Action \***
59. \_\_\_\_\_ is the stage of change when the old behavior has ceased and the new behavior is so engrained that it is now an integral part of the person's daily lifestyle.
- Maintenance
  - Contemplation
  - Termination \***
  - Action
60. \_\_\_\_\_ is the stage of change when there is an increased awareness of the problem has been acknowledged but the person usually needs a little push from family or friends to get started.
- Maintenance
  - Contemplation \***
  - Termination
  - Action
61. \_\_\_\_\_ is the stage of change that requires long-term commitment as well as attention to detail, vigilance, and above all else, perseverance in order to succeed.
- Maintenance \***
  - Contemplation
  - Termination
  - Action
62. \_\_\_\_\_ is a defense mechanism of holding someone or something in such high esteem that the person or thing becomes perfect or godlike in the eyes of the beholder.
- Reaction formation
  - Daydreaming
  - Displacement
  - Idealization \***
63. \_\_\_\_\_ is a defense mechanism of making up for a weakness in one area by emphasizing strengths in another area
- Compensation \***
  - Reaction formation
  - Displacement
  - Idealization
64. \_\_\_\_\_ is a defense mechanism of transferring feelings concerning one situation or person to another object, situation, or person.
- Compensation
  - Daydreaming
  - Displacement \***
  - Idealization

65. \_\_\_\_\_ is a defense mechanism of escaping from frustrations, boredom, or unpleasant situations through fantasy
- Compensation
  - Daydreaming \***
  - Displacement
  - Reaction formation
66. \_\_\_\_\_ is a defense mechanism of shifting responsibility for one's behavior onto someone else.
- Identification
  - Projection \***
  - Rationalization
  - Regression
67. \_\_\_\_\_ is a defense mechanism of assuming the characteristics of someone who is admired.
- Identification \***
  - Projection
  - Rationalization
  - Displacement
68. \_\_\_\_\_ is a defense mechanism when childish, inappropriate behavior is displayed by an adult or a return to former, less mature behavior when under stress.
- Identification
  - Compensation
  - Rationalization
  - Regression \***
69. \_\_\_\_\_ is a defense mechanism of providing plausible reasons for behavior that are not the real reasons.
- Identification
  - Projection
  - Rationalization \***
  - Regression
70. The behavior change strategy of \_\_\_\_\_ uses the technique of learning specific behaviors by watching others perform them.
- Shaping
  - Visualization
  - Modeling \***
  - Situational inducement
71. The behavior change strategy of \_\_\_\_\_ uses a series of small steps to help a person achieve a goal.
- Shaping \***
  - Visualization
  - Modeling
  - Situational inducement
72. The behavior change strategy of \_\_\_\_\_ uses mental practice to change behaviors by visualizing ahead of time the planned action, thus preparing the person for when the actual plan is tested.
- Shaping
  - Visualization \***
  - Modeling
  - Situational inducement

73. The behavior change strategy of \_\_\_\_\_ allows a person to positively influence the behavior by avoiding (or controlling) situations and occasions that can trigger unhealthy behaviors.
- Shaping
  - Visualization
  - Modeling
  - Situational inducement \***
74. The behavior change strategy of \_\_\_\_\_ involves rewarding yourself in order to reinforce the positive behavior.
- Shaping
  - Visualization
  - Modeling
  - Reinforcement \***
75. Physical activity refers to any bodily \_\_\_\_\_ produced by skeletal muscles that results in an expenditure of energy.
- Force
  - Movement \***
  - Speed
  - Mass
76. Exercise is:
- Structured
  - Planned
  - Repetitive
  - All of the above \***
77. Wearing a heart rate monitor is an easy way to measure:
- Energy expenditure \***
  - Weight
  - Height
  - Speed
78. The recommended number of steps per day for most people to achieve a health benefit and help decrease risk for chronic disease is:
- 5,000
  - 10,000 \***
  - 15,000
  - 20,000
79. A chronic disease is a long lasting or recurrent disease that:
- Can be cured
  - Is uncontrollable
  - Cannot be cured \***
  - Cannot be prevented
80. Life expectancy refers to:
- The quality of life an individual expects
  - The average number of years expected for an individual to get healthy
  - The average number of years a person is expected to live \***
  - All of the above

81. The Harvard alumni health study indicated that:
- As exercise caloric expenditure per week increased, all-cause death rates decreased. \***
  - As exercise caloric expenditure per week increased, all-cause death rates increased.
  - As exercise caloric expenditure per week increased, all-cause death rates stayed the same.
  - As exercise caloric expenditure per week decreased, all-cause death rates decreased.
82. The Framingham Heart Study indicated that:
- There was a positive relationship between leisure time physical activity and chronic heart disease.
  - There was a significant decrease in the risk of stroke for female smokers compared to male smokers.
  - The study was only applicable to females.
  - Physical activity did not appear to reduce women's risk for stroke. \***
83. The term "lifestyle disease" is sometimes used interchangeably with the term:
- Acute disease
  - Terminal disease
  - Chronic disease \***
  - Irrecoverable disease
84. Examples of controllable risk factors include (check all that apply):
- Smoking \***
  - Age
  - Geography \***
  - Profession \***
85. Epidemiology is the study of:
- Causes, distribution, and control of disease in populations. \***
  - Prevention of disease in populations.
  - Geography.
  - Exercise.
86. A myocardial infarction (MI) is also referred to as a:
- A stroke
  - An aneurism
  - A heart attack \***
  - None of the above
87. A \_\_\_\_\_ is similar to a heart attack because it is the result of injured or dying cells due to insufficient blood supply:
- Stroke \***
  - Aneurism
  - Blood clot
  - Myocardial infarction
88. Type I diabetes occurs:
- When the pancreas produces adequate amounts of insulin.
  - When individuals are noninsulin-dependent.
  - When the pancreas does not produce adequate amounts of insulin. \***
  - Only when individuals are children.

89. \_\_\_\_\_ is a condition where a person's bones become brittle and fragile from loss of bone mass.
- Osteoporosis \***
  - Hypertension
  - Fatigue
  - None of the above
90. A person's ability to maintain cardiovascular exercise depends on all of the following factors, except:
- The ability to regulate blood flow and maintain blood pressure
  - The ability to utilize the appropriate fuels, such as carbohydrates and fat.
  - The ability to minimize the amount oxygen delivered to working muscles. \***
  - The ability for the heart to pump and circulate blood throughout the body.
91. Muscular fitness is generally separated in to which of the following categories?
- Muscular endurance and muscular strength \***
  - Muscular strength and muscular mass
  - Muscular mass and muscular endurance
  - Muscular length and muscular endurance
92. The condition known as sarcopenia refers to:
- A reduction in oxygen.
  - A reduction in muscle mass.
  - A reduction in muscle fibers. \***
  - None of the above.
93. Which of the following health professionals can assist you in personalizing a nutrition program to help you attain your long-term goals?
- Registered nurse
  - Registered dietitian \***
  - Registered esthetician
  - Registered hygienist
94. Barriers to exercising can be:
- Intrinsic
  - Extrinsic
  - Eccentric
  - Both A and B \***
  - Bothe A and C
95. Individuals with dyslipidemia have:
- Quick blood flow
  - High levels of antibodies in the blood
  - High levels of fat in the blood \***
  - Quick metabolism
96. In order to reduce physical comfort during exercise, individuals should make sure to include:
- Warm up/cool down \***
  - Stretch/cool down
  - Warm up/stretch
  - Stretch/warm up

97. Extrinsic barriers are things that are beyond the control of the individual. Which of the following is not an external factor?
- a. **Age \***
  - b. Travel
  - c. Work
  - d. Weather
98. ACSM guidelines dictate individuals should exercise 3 to 5 times a week for:
- a. 10-20 minutes
  - b. **20-60 minutes \***
  - c. 60-80 minutes
  - d. 80-100 minutes
99. Pregnant women who exercise during their pregnancy could reduce the risk of:
- a. Hypertension
  - b. Gestational diabetes
  - c. **All of the above \***
  - d. None of the above
100. Which of the following terms refers to the breakdown of body components?
- a. Flexibility
  - b. Muscular fitness
  - c. **Body composition \***
  - d. Metabolic strength
101. If an individual has a job where he or she sits all day at a desk and does not exercise, he or is experiencing a \_\_\_\_\_ lifestyle.
- a. **Sedentary \***
  - b. Lazy
  - c. Healthy
  - d. None of the above.

# PART 2

## (CHAPTERS 4–7)

### TRUE/FALSE

1. Creating consistency and changing routines are tips to help individuals accomplish short-term fitness goals.
  - a. True
  - b. False \***
2. Cardiorespiratory fitness is generally considered to be the most important component of your physical fitness.
  - a. True \***
  - b. False
3. Exercise has no effect on our immune system.
  - a. True
  - b. False \***
4. Blood pressure is the pressure exerted by the blood on the inner walls of the arteries.
  - a. True \***
  - b. False
5. Engaging in cardiorespiratory activities does not impact one's motor skills and ability to perform and complete certain tasks.
  - a. True
  - b. False \***
6. The term *sedentary* refers to being physically active or having high levels of activity.
  - a. True
  - b. False \***
7. Fat provides an efficient source of energy in our bodies.
  - a. True \***
  - b. False
8. Body mass may change over the course of the day.
  - a. True \***
  - b. False
9. Body weight is a good short-term way to indicate body composition change.
  - a. True
  - b. False \***
10. The "Bod Pod," a machine that was introduced to the market in the mid-1990s, uses air displacement to assess body mass.
  - a. True
  - b. False \***

11. When measured properly, waist-to-hip ratio may be used as a stand-alone predictor of health risk.
  - a. **True \***
  - b. False
12. There are nine essential amino acids and they are considered “complete” proteins.
  - a. **True \***
  - b. False
13. The ADA recommends that less than 40% of total caloric intake come from fat with less than 10% coming from saturated fat.
  - a. True
  - b. **False \***
14. Eating smaller, more frequent meals could result in more stable blood sugar levels and help reduce feelings of hunger.
  - a. **True \***
  - b. False
15. If you want to lose weight, you must increase your energy out and/or increase your nutrients out.
  - a. True
  - b. **False \***
16. High-fat diets are also known as low-carbohydrate, high-fat (LCHF) diets.
  - a. **True \***
  - b. False

## MULTIPLE CHOICE

17. The term used to describe what happens when you remove the overload stimulus is:
  - a. Adaptability
  - b. **Reversibility \***
  - c. Compatibility
  - d. Overstimulation
18. The four basic principles of training are:
  - a. Specificity, individuality, reversibility, and reserve.
  - b. Individuality, reversibility, overload, and restraint.
  - c. Specificity, individuality, reversibility, and restraint.
  - d. **Specificity, individuality, reversibility, and overload. \***
19. The ability of the circulatory system and the respiratory system to deliver the oxygen and nutrients required to perform prolonged, dynamic, primarily large muscle exercise at moderate to high intensities is known as:
  - a. **Cardiorespiratory fitness \***
  - b. Muscular fitness
  - c. Nutrient fitness
  - d. Circulatory fitness
20. Some of the chronic diseases most often associated with reduced risk from cardiorespiratory exercise are:
  - a. Diabetes
  - b. Cancer
  - c. Cardiovascular disease
  - d. **All of the above \***
  - e. None of the above



21. Heart rate and stroke volume contribute to:
- Muscular output
  - Caloric output
  - Cardiac output \***
  - Blood pressure
22. \_\_\_\_\_ is a condition caused by excessive amounts of exercise, usually cardiorespiratory exercise, and it is characterized by elevated resting heart rate, prolonged muscle soreness, insomnia, depression, decreased motivation, and a depressed immune system, leading to increased occurrence of sickness.
- Hypertraining
  - Overtraining \***
  - Hypertension
  - Immunity
23. Negative caloric balance means:
- Not consuming calories
  - Consuming as many carbohydrates as calories
  - Burning fewer calories than you consume
  - Burning more calories than you consume \***
24. \_\_\_\_\_ are morphine-like substances that suppress fatigue, decrease pain, and produce euphoria, and neurotransmitters are chemicals that transmit nervous impulses.
- Calories
  - Endorphins \***
  - Epinephrine
  - Endocrine
25. Which of the following is not a guideline for safe cardiorespiratory exercise?
- Use proper equipment
  - Rest and recover
  - Exercise multiple times a day \***
  - Do a variety of activities
26. The first aid standard known as RICE stands for:
- Rest-Ice-Compression-Elevation
  - Rest-Ice-Compression-Elevation\***
  - Resist-Ice-Compression-Elevation
  - Rest-Incline-Compression-Elevation
27.  $VO_{2\max}$  refers to:
- The maximum amount of oxygen you can consume and use in one minute. \***
  - The maximum amount of calories you can consume and use in one minute.
  - The maximum amount of oxygen that can be used by your body in one day.
  - None of the above
28. The following test is used to assess cardiorespiratory fitness:
- The Rockport 1-Mile Test
  - The 12-Minute Swim Test
  - The 3-Minute Step Test
  - All of the above \***
  - None of the above

29. The formula for calculating age-predicted maximum heart rate is:
- 225-age
  - 220-age \***
  - 215-age
  - 210-age
30. To gain cardiorespiratory endurance, an individual has to generate a greater workload to which it is generally accustomed to working. This is referred to as:
- Overload \***
  - Max training
  - Specificity
  - Progression
31. The principle stating that once a person ceases training, any improvement in strength and endurance gained through training will be lost is known as:
- Progression
  - Overload
  - Specificity
  - Reversibility \***
32. Weather conditions, family obligations, travel, and lack of skill are all examples of:
- Physical activity barriers \***
  - Intrinsic motivation barriers
  - Social influence barriers
  - Psychological barriers
33. \_\_\_\_ are responsible for one's mood.
- Endorphins
  - Neurotransmitters \***
  - Cardiotransmitters
  - Synapses
34. A healthy body composition should include adequate amounts of which of the following?
- Adequate amounts of fat
  - Adequate levels of muscle
  - Dense bone structure
  - All of the above \***
  - None of the above
35. Which of the following is not a reason for taking body composition measurements?
- To determine if an individual has too much body fat.
  - To determine if an individual has too much muscle mass. \***
  - To determine if an individual has too little body fat.
  - To examine the amount of change in body fat over a given period of time.
36. \_\_\_\_ is the body fat unnecessary for basic human functions.
- Storage fat \***
  - Fat deposits
  - Unhealthy fat
  - Subcutaneous fat

37. Fat helps the body to function in all of the following ways except:
- Produces various hormones
  - Covers certain areas of nerves to speed up the conduction of nerve impulses
  - It pads or cushions internal organs
  - It assists with blood flow to the heart \***
38. To determine if a method measures what it says is being measured, an individual should examine:
- Reliability
  - Validity \***
  - Dependability
  - Variability
39. To assess a change in body composition a simple, and often misused tool to use, is:
- Body mass \***
  - Muscle mass
  - Weight loss
  - None of the above
40. \_\_\_\_ is an increase in muscle size.
- Atrophy
  - Muscle mass
  - Hypertrophy \***
  - Body mass
41. Height and weight tables may be useful in certain situations such as:
- In large-scale studies \***
  - When determining body composition
  - When comparing adults and children
  - As the only measure of appropriate weight
42. The \_\_\_\_ is another assessment method that is a function of height and weight.
- Body Composition Index
  - Body Muscle Index
  - Body Mass Index
  - Body Mass Index \***
43. There is a strong relationship between \_\_\_\_\_ and chronic disease:
- Abdominal adiposity \***
  - Gynoid fat
  - Muscle mass
  - None of the above
44. A group of vessels that shuttle fat into and out of the liver are known as:
- Circulatory system
  - Hepatic portal system \***
  - Cortisol
  - Veins

45. Abdominal fat is highly correlated with high blood cholesterol and dyslipidemia because fat stored in the abdominal area responds to \_\_\_\_\_ .
- Cortisol \***
  - Adiposity
  - Hypertrophy
  - Android fat
46. When measurements are used to assess the amount of change over time for one individual, this is called a \_\_\_\_\_ measurement.
- Inter-individual
  - Intra-individual \***
  - Repeat
  - Umbilicus
47. The ASCM recommends a cutoff point for a waist-to-hip ratios in women below:
- 0.94
  - 0.91
  - 0.86
  - 0.82 \***
48. This measurement has long been deemed the “gold standard” of body composition assessment:
- Body Mass Index
  - Body circumference
  - Waist-to-hip ratio
  - Hydrostatic weighing \***
49. A dual energy X-ray absorptiometry (DXA) is used to assess body composition. It can also be used to test for:
- Body Mass Index
  - Osteoporosis \***
  - Hypertension
  - Body mass
50. How much of our fitness is related to diet?
- 50%
  - 60%
  - 70% \***
  - 80%
51. For people to maintain their weight, the number of calories they consume must be \_\_\_\_\_ to the number of calories expended.
- More than
  - Less than
  - Equal to \***
  - None of the above
52. Maintenance of or changes in body weight is best explained by a simple mathematical formula referred to as the:
- Energy balance equation \***
  - Energy consumption equation
  - Body balance equation
  - Body mass equation

53. Measurements of intake or output of energy is measured in:
- Calories
  - Kilocalories \***
  - Carbohydrates
  - Protein
54. All of the following are types of carbohydrates except:
- Simple carbohydrates
  - Complex carbohydrates
  - Fiber
  - Protein\***
55. Inadequate carbohydrate intake is common in this type of diet, and may lead to a lack of overall energy and lethargy:
- Supplemental diet
  - Fad diet \***
  - Exercise diet
  - None of the above
56. How much of our total caloric intake should come from protein?
- 5% to 10%
  - 10% to 25% \***
  - 20% to 25%
  - 25% to 30%
57. Vitamins are categorized as being either fat soluble or \_\_\_\_\_ :
- Dissolvable
  - Consumable
  - Water soluble \***
  - Protein soluble
58. What is the recommended minimum amount of water that an individual should consume daily?
- 46 ounces
  - 54 ounces
  - 60 ounces
  - 64 ounces \***
59. To increase resting metabolic rate, an individual should:
- Increase fat-free mass
  - Increase physical activity
  - All of the above \***
  - None of the above
60. The amount of energy needed to digest a meal is referred to as the:
- Thermic effect of food \***
  - Metabolic effect of food
  - Soluble effect of food
  - Energy effect of food

61. High-fat diets are also known as \_\_\_\_ diets:
- a. Low-carbohydrate, low-fat
  - b. High-carbohydrate, high-fat
  - c. Low-carbohydrate, high fat \***
  - d. High-carbohydrate, low fat
62. An example of a high-protein diet is:
- a. Pritikin Diet
  - b. South Beach Diet
  - c. Atkins Diet
  - d. Paleo Diet \***
63. The increased intake of saturated fat from high-protein foods can lead to increased risk of:
- a. Diabetes
  - b. Stroke
  - c. Cancer
  - d. All of the above \***
64. Energy that is expended through physical activity can be increased or decreased by changes in activity level and this is a component of \_\_\_\_ .
- a. Energy output \***
  - b. Energy savings
  - c. Fat burning
  - d. Fat output

# PART 3

## (CHAPTERS 8–10)

### TRUE-FALSE

1. The “good stress” we experience is defined as eustress and includes something such as starting a new job.
  - a. **True \***
  - b. False
2. The “bad stress” is defined as distress and includes something such as the death of a loved one.
  - a. **True \***
  - b. False
3. Acquired immunity are those things that have a potential to produce stress and can include the demands from the external and internal environment that we perceive as harmful or threatening.
  - a. True
  - b. **False \* Stressors**
4. Autogenic training is a discrete, observable, and objectively reportable event that requires some social and/or psychological adjustment on part of the individual.
  - a. True
  - b. **False \* Acute stressors**
5. Acquired immunity is a process whereby the body recognizes foreign agents and responds to each of them by producing antibodies specific to it.
  - a. **True \***
  - b. False
6. Assertiveness is when a person seeks to dominate or get their way at the expense of others.
  - a. True
  - b. **False \* Aggressiveness**
7. Aggressiveness can be defined as expressing your personal rights and feelings and/or expressing oneself, satisfying one’s personal needs, feeling good about this, and not hurting others in the process.
  - a. True
  - b. **False \* Assertiveness**
8. Autogenic training can be defined as a self-generated hypnotic state that causes a sense of general body warmth and heaviness in the limbs and torso.
  - a. **True \***
  - b. False
9. Biofeedback is the use of instrumentation to mirror psycho-physiological processes of which the individual is not normally aware and which may be brought under voluntary control.
  - a. **True \***
  - b. False

10. Codependent is when the stem cells mature into T-cell lymphocytes (B-cells) after they travel to the thymus gland.
  - a. True
  - b. False \* Cellular immunity**
11. Cerebral cortex is also referred to as the neocortex or forebrain and is the storage place for analytical skills, verbal communication, writing ability, fine motor control, additional emotion, memory, learning, rational thought, and survival abilities.
  - a. True \***
  - b. False
12. Generalized anxiety disorder is the continuing problematic conditions encountered every day, occur more frequently, and have a longer course of duration.
  - a. True
  - b. False \* Chronic stressors**
13. Codependent personality people are dependent on making other people dependent on them as a means of self-validation and can be defined as an addiction to another person and their problems or to a relationship and its problems.
  - a. True \***
  - b. False
14. Generalized anxiety disorder is an unrealistic or excessive anxiety and worry about life situations.
  - a. True \***
  - b. False
15. Hypothalamus is the subjective moods of a person are balanced and in harmony, promoting a healthful relationship between mind and body.
  - a. True
  - b. False \* Homeostasis**
16. Humoral Immunity is when the stem cells mature into white blood cells called beta-cell lymphocytes (B-cells) after the migrate from the bone marrow to various lymphatic tissues throughout the body.
  - a. True \***
  - b. False
17. Hypothalamus is at the center of limbic system communication and its major function is to integrate the body's regulatory systems and this includes things like hunger, thirst, temperature, blood pressure, heart rate, and sex drive.
  - a. True \***
  - b. False
18. Acquired immunity is the immunity we are born with and is provided by the skin.
  - a. True
  - b. False \* Innate immunity**
19. Limbic system is the seat of human feeling and emotion and includes the septal, hippocampal, and the hypothalamic areas.
  - a. True \***
  - b. False
20. Meditation is a technique that disciplines the mind to tune out the tensions and pressures from others and from ourselves it allows us to go within and move beyond thoughts and habits to a quiet centeredness.
  - a. True \***
  - b. False



21. Nonevent stressors are desired and anticipated events that do not occur as desirable events.
- True \***
  - False
22. Homeostasis is the rhythmic movement that carries food through the digestive system and is caused by spastic contractions of the muscles in the esophagus.
- True
  - False \* Peristalsis**
23. Personality is a collection of thoughts, attitudes, values, beliefs, perceptions, and behaviors that define how we view our self and the environment we live.
- True \***
  - False
24. Pyramidal tract is a cable of neurons controlling muscle tension and movement by impulses from the motor cortex that are carried to the muscles by the spinal cord.
- True \***
  - False
25. Workaholics tend to do trivial tasks at work and major projects after hours, derive pleasure from working long hours, and do not use time-saving techniques.
- True \***
  - False
26. Time jugglers try to do more than one task at a time, begin several tasks without putting closure on any, miss out on important responsibilities, and spend more time than needed on tasks.
- True \***
  - False
27. Perfectionists use diversionary tactics and put off what needs to be done today, tend to do less difficult tasks first rather than important tasks, and find excuses to drift away from completing asks.
- True
  - False \* Procrastinators**
28. Procrastinators get caught up in the details, never seeing the big picture, perform tasks repeatedly, are too hard on themselves, and are obsessed with carrying out every task to perfection.
- True
  - False \* Perfectionists**
29. Lifestyle behavior trappers have a hard time saying no, they have other people's agendas thrust upon them, and never make an effort at organizing their tasks. They look for gratification from others and end up wasting time.
- True \***
  - False
30. Addiction is the compulsive, uncontrollable dependence on a substance, habit or activity in spite of the negative health consequences to such a degree that cessation causes severe emotional or physiological reactions.
- True \***
  - False
31. Alcohol is a psychoactive "drink drug" that depresses the central nervous system and depresses the activity of the nerve cells of the brain.
- True \***
  - False

32. Depressants are drugs that stimulate (speed up) the function of the central nervous system.
- a. True
  - b. False \* Amphetamines**
33. Blood alcohol concentration (BAC) is the ratio of alcohol to total blood volume and is used to measure physiological and behavioral effects of alcohol.
- a. True \***
  - b. False
34. Dependence is the need to continue using a drug or doing a behavior for psychological or physical reasons or both.
- a. True \***
  - b. False
35. Proof is the process whereby heat is added to alcohol solution (mash) to release and then collect alcohol vapors into a more concentrated solution.
- a. True
  - b. False \* Distillation**
36. Measure is the amount of drug that is taken or administered and determines the effect that the substance has on the body.
- a. True
  - b. False \* Dosage or Dose**
37. Drug is any substance, natural or artificial, other than food that by its chemical or physical nature alters structure or function in the living organism.
- a. True \***
  - b. False
38. Drug abuse is any use of a legal or illegal drug in a way that is detrimental to health or well-being.
- a. True \***
  - b. False
39. Drug misuse is the inappropriate use of legal drugs intended to be medications and can be either intentional or unintentional.
- a. True \***
  - b. False
40. Ethyl alcohol is an addictive drug produced by fermentation.
- a. True \***
  - b. False
41. Distillation is the chemical process whereby yeast organisms break down plant sugars to produce alcohol.
- a. True
  - b. False \* Fermentation**
42. Hallucinogens are substances that distort the perception of reality, produce an altered states of feeling and perception, hallucinations, and can be produced synthetically or occur naturally.
- a. True \***
  - b. False
43. Absorbents are volatile vapor substances when inhaled produce an altered state of consciousness.
- a. True
  - b. False \* Inhalants**

44. Medicine is a prescription or over-the-counter drug used to treat, prevent, or diagnose illness.
- a. **True \***
  - b. False
45. Narcotics are highly addictive natural or synthetic drugs extracted from poppy plant that depress the central nervous system and inhibit the perception of pain.
- a. **True \***
  - b. False
46. Proof is a measure of a beverage's alcohol concentration and is twice that of the alcohol percentage.
- a. **True \***
  - b. False
47. Tertiary prevention attempts to prevent drug use before it begins by trying to reach people before they start using alcohol, marijuana, or other drugs.
- a. True
  - b. **False \* Primary**
48. A psychoactive drug is any substance capable of altering feelings, moods, perceptions, or behavior.
- a. **True \***
  - b. False
49. Secondary prevention is an early intervention stage that attempts to block more serious drug use from occurring by stopping the escalation of use.
- a. **True \***
  - b. False
50. Sedative-hypnotics are depressants that calm and sedate the user by slowing the function of the central nervous system.
- a. **True \***
  - b. False
51. Primary prevention is a level of prevention that focuses on helping those individuals who have misused drugs.
- a. True
  - b. **False \* Tertiary**
52. Therapeutic communities are residential facilities where addicts reside for a period of time and the emphasis is on behavioral intervention techniques such as encounter groups.
- a. **True \***
  - b. False
53. Tolerance is an acquired reaction to a drug in which the continued intake of the same dose has a diminished effect and therefore more of the drug is needed to get the desired feeling.
- a. **True \***
  - b. False
54. Disposition tolerance is a form of tolerance the rate at which the body disposes of a drug.
- a. **True \***
  - b. False
55. Pharmacodynamic tolerance is a form of tolerance when one substance leads to tolerance of another substances with similar pharmacological makeup.
- a. True
  - b. **False \* Cross-tolerance**

56. Reserve tolerance is a form of tolerance when central nervous system tolerance to certain substances develops independently of changes in the rate of absorption, metabolism, or excretion.
- True
  - False \* Pharmacodynamic tolerance**
57. Reserve tolerance is a form of tolerance when a user has the same response to a lower drug dose that he had when initially using higher doses.
- True \***
  - False
58. Behavioral tolerance is a form of tolerance where after repeated exposure to a drug, the person has learned (or conditioned self) to adjust to the presence of drugs in the system.
- True \***
  - False
59. Prescription drugs are obtained only with the written prescription of a licensed physician or other health care provider with prescription rights.
- True \***
  - False
60. Over-the-counter drugs can be purchased without a prescription and are used for self-medication (weight control, sleep aids, analgesics, cold, and allergy).
- True \***
  - False
61. Recreational drugs are usually defined as legally sanctioned drugs that contain chemicals used to help people relax or socialize (e.g., alcohol, tobacco).
- True \***
  - False
62. Herbal preparations include products from botanical (plant) origin that are believed to possess medicinal properties (e.g., herbal teas).
- True \***
  - False
63. Illicit (illegal) drugs are notorious psychoactive drugs generally recognized as harmful with laws governing their use, possession, cultivation, manufacture, and sale.
- True \***
  - False
64. Commercial preparations are the least commonly recognized even though they are universally used chemical substances (e.g., perfumes, cosmetics, paints, glues, household cleaners, inks, dyes, gardening chemicals, and industrial byproducts).
- True \***
  - False
65. Bacteria are simple, single-celled microscopic organisms classified by their shape and the three major types are cocci, bacilli, and spirilla.
- True \***
  - False
66. Behavioral inducement is the mutual impact that a person has on another person as their lives interconnect.
- True
  - False \* Behavioral interdependence**

67. Companionate love is characterized as a relationship built on trust, security, mutual liking, and equitable exchange in the relationship.
- a. **True \***
  - b. False
68. Hazing is a formalized pattern of courting and the three stages dating couples seem to go through include the stimulus stage, value stage, and the role stage.
- a. True
  - b. **False \* Dating**
69. Emotional attachment includes the feelings of love we have for someone.
- a. **True \***
  - b. False
70. Emotional availability is our openness to sharing and receiving emotions with someone without the fear of being taken advantage of, hurt, or rejected.
- a. **True \***
  - b. False
71. Bacteria are multi- or unicellular organisms that must intrude the both living or dead bodies of other organisms in order to get food.
- a. True
  - b. **False \* Fungi**
72. Intimacy is the sharing of deep feelings.
- a. **True \***
  - b. False
73. Need fulfillment is a relationship bond that connects people.
- a. **True \***
  - b. False
74. Protozoa are the largest of the pathogens and examples include pinworms, tapeworms, and scabies.
- a. True
  - b. **False \* Parasitic worms**
75. Passionate love is characterized as a relationship built on strong emotion and physical arousal and provides the feeling of being in love.
- a. **True \***
  - b. False
76. Prions are self-replicating protein-based agents that can infect humans.
- a. **True \***
  - b. False
77. Viruses are microscopic single celled organisms generally associated with tropical diseases.
- a. True
  - b. **False \* Protozoa**
78. Relationship communication is the sharing of feelings, thoughts, and information with someone and is an indication of how well or how poorly a person relates to others.
- a. **True \***
  - b. False

79. Exercise response is a physiological process that follows a general pattern divided into the four stages of excitement/arousal, plateau, orgasmic and resolution.
- True
  - False \* Sexual response**
80. Sexuality is the sensations, emotions, and cognitions associated with physical sexual arousal.
- True \***
  - False
81. Sexually transmissible infections are caused by pathogens that are spread from an infected person during intimate sexual contact.
- True \***
  - False
82. Viruses are the smallest known pathogens and consist of a protein structure that contains either RNA or DNA.
- True \***
  - False
83. Forgiveness is a self-imposed avoidance of sexual intimacy due to religion, morals, illness, a bad relationship break-up, or lack of acceptable partners.
- True
  - False \* Celibacy**
84. Autoerotic expression involves self-stimulation by either masturbation, which is self-stimulation of the genitals or sexual fantasies, which are sexually arousing thoughts and dreams that reflect real-life experiences, forbidden desires, or the practice of new or anticipated sexual experiences.
- True \***
  - False
85. Shared touching is the nonverbal forms of sexual communication including kissing and erotic touching of erogenous zones.
- True \***
  - False
86. Erogenous zones are the areas of the body that cause sexual arousal when touched (earlobes, mouth, breast, inner thighs are a few examples).
- True \***
  - False
87. Manual stimulation is sexual arousal through manual contact of the genitals by a partner typically using the hand or a sex toy such as a vibrator or dildo.
- True \***
  - False
88. Oral-genital stimulation is the oral stimulation of a woman's genitals is referred to as cunnilingus and the oral stimulation of a man's genitals is known as fellatio.
- True \***
  - False
89. Vaginal intercourse is the most frequently practiced form of sexual expression and is vaginal intercourse or coitus, which is the insertion of the penis into the vagina.
- True \***
  - False

90. Anal intercourse is the insertion of the penis into the anus as a form of sexual expression.
- a. **True \***
  - b. False

## MULTIPLE CHOICE

91. \_\_\_\_ are those things that have a potential to produce stress and can include the demands from the external and internal environment that we perceive as harmful or threatening.
- a. Acute stressors
  - b. Chronic stressors
  - c. Nonevent stressors
  - d. **Stressors \***
92. \_\_\_\_ are continuing problematic conditions encountered every day, occur more frequently, and have a longer course of duration.
- a. Acute stressors
  - b. **Chronic stressors \***
  - c. Nonevent stressors
  - d. Stressors
93. \_\_\_\_ are a discrete, observable, and objectively reportable event that requires some social and/or psychological adjustment on part of the individual.
- a. **Acute stressors \***
  - b. Chronic stressors
  - c. Nonevent stressors
  - d. Stressors
94. \_\_\_\_ are desired and anticipated events that do not occur as desirable events.
- a. Acute stressors
  - b. Chronic stressors
  - c. **Nonevent stressors \***
  - d. Stressors
95. The “bad stress” is defined as \_\_\_\_ and includes something like the death of a loved one.
- a. Eustress
  - b. **Distress \***
  - c. Aggressiveness
  - d. Assertiveness
96. \_\_\_\_ is when a person seeks to dominate or get their way at the expense of others.
- a. Eustress
  - b. Distress
  - c. **Aggressiveness \***
  - d. Assertiveness
97. The “good stress” we experience is defined as \_\_\_\_ and includes something such as starting a new job.
- a. **Eustress \***
  - b. Distress
  - c. Aggressiveness
  - d. Assertiveness

98. \_\_\_\_ can be defined as expressing your personal rights and feelings and/or expressing oneself, satisfying one's personal needs, feeling good about this, and not hurting others in the process.
- Eustress
  - Distress
  - Aggressiveness
  - Assertiveness \***
99. \_\_\_\_ is a cable of neurons controlling muscle tension and movement by impulses from the motor cortex that are carried to the muscles by the spinal cord.
- Codependent
  - Pyramidal Tract \***
  - Autogenic Training
  - Biofeedback
100. \_\_\_\_ people rely on making other people dependent on them as a means of self-validation and can be defined as an addiction to another person and their problems or to a relationship and its problems.
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  - Pyramidal tract
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  - Biofeedback
101. \_\_\_\_ is the use of instrumentation to mirror psycho-physiological processes of which the individual is not normally aware and which may be brought under voluntary control.
- Codependent
  - Deep breathing
  - Autogenic training
  - Biofeedback \***
102. \_\_\_\_ can be defined as a self-generated hypnotic state that causes a sense of general body warmth and heaviness in the limbs and torso.
- Relaxation
  - Pyramidal tract
  - Autogenic training \***
  - Biofeedback
103. \_\_\_\_ immunity is the immunity we are born with and is provided by the skin.
- Acquired
  - Cellular
  - Humoral
  - Innate \***
104. \_\_\_\_ immunity is when the stem cells mature into T-cell lymphocytes (B-cells) after they travel to the thymus gland.
- Acquired
  - Cellular \***
  - Humoral
  - Innate



105. \_\_\_\_ immunity is when the stem cells mature into white blood cells called beta-cell lymphocytes (B-cells) after the migrate from the bone marrow to various lymphatic tissues throughout the body.
- Acquired
  - Cellular
  - Humoral \***
  - Innate
106. \_\_\_\_ immunity is a process whereby the body recognizes foreign agents and responds to each of them by producing antibodies specific to it.
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107. \_\_\_\_ is at the center of limbic system communication and its major function is to integrate the body's regulatory systems and this includes things like hunger, thirst, temperature, blood pressure, heart rate, and sex drive.
- Cerebral cortex
  - Hypothalamus \***
  - Limbic system
  - Peristalsis
108. \_\_\_\_ is also referred to as the neocortex or forebrain and is the storage place for analytical skills, verbal communication, writing ability, fine motor control, additional emotion, memory, learning, rational thought and survival abilities.
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  - Hypothalamus
  - Limbic system
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110. \_\_\_\_ is the seat of human feeling and emotion and includes the septal, hippocampal, and the hypothalamic areas.
- Cerebral cortex
  - Hypothalamus
  - Limbic system \***
  - Peristalsis
111. \_\_\_\_ is the subjective moods of a person are balanced and in harmony, promoting a healthful relationship between mind and body.
- Generalized anxiety disorder
  - Meditation
  - Personality
  - Homeostasis \***

112. \_\_\_\_ is an unrealistic or excessive anxiety and worry about life situations.
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  - Meditation
  - Personality
  - Homeostasis
113. \_\_\_\_ a collection of thoughts, attitudes, values, beliefs, perceptions, and behaviors that define how we view our self and the environment we live.
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  - Meditation
  - Personality \***
  - Homeostasis
114. \_\_\_\_ is a technique that disciplines the mind to tune out the tensions and pressures from others and from ourselves it allows us to go within and move beyond thoughts and habits to a quiet centeredness.
- Generalized anxiety disorder
  - Meditation \***
  - Personality
  - Homeostasis
115. \_\_\_\_ waste time because they tend to do trivial tasks at work and major projects after hours, derive pleasure from working long hours, and do not use time-saving techniques.
- Workaholics \***
  - Time Jugglers
  - Procrastinators
  - Perfectionists
116. \_\_\_\_ waste time because they get caught up in the details, never seeing the big picture, perform tasks repeatedly, are too hard on themselves, and are obsessed with carrying out every task to perfection.
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- Workaholics
  - Time jugglers \***
  - Procrastinators
  - Perfectionists

119. \_\_\_\_ brain wave is associated with the absence of meaningful cause-and-effect thinking and a quiet state of mind in which stress arousal is at a minimum.
- Alpha \***
  - Beta
  - Theta
  - Zeta
120. \_\_\_\_ brain wave is characterized by focusing of attention, problem solving, and relating the self to the external world.
- Alpha
  - Beta \***
  - Theta
  - Zeta
121. \_\_\_\_ brain wave is directed internally and is less related to specific external events, while daydreams and fantasies are more likely to occur in this state.
- Alpha
  - Beta
  - Theta \***
  - Zeta
122. \_\_\_\_ relate to re-experiencing traumatic events through recollections or dreams or a sudden feeling as if it were occurring that causes intense fear, helplessness, or horror.
- Specific phobias
  - Social phobias
  - Obsessive-compulsive disorder
  - Posttraumatic stress disorder \***
123. \_\_\_\_ consist of recurrent and persistent thoughts, impulses, or images that are intrusive and inappropriate. Compulsions are urgent repetitive behaviors.
- Specific phobias
  - Social phobias
  - Obsessive-compulsive disorder \***
  - Posttraumatic stress disorder
124. \_\_\_\_ are marked and persistent fear of social performance situations.
- Specific phobias
  - Social phobias \***
  - Obsessive-compulsive disorder
  - Posttraumatic stress disorder
125. \_\_\_\_ consist of excessive or unreasonable fear of a specific object or situation.
- Specific phobias \***
  - Social phobias
  - Obsessive-compulsive disorder
  - Posttraumatic stress disorder

126. The chemical process whereby yeast organisms break down plant sugars to produce alcohol.
- Alcohol
  - Fermentation \***
  - Distillation
  - Proof
127. A psychoactive “drink drug” that depresses the central nervous system and depresses the activity of the nerve cells of the brain.
- Alcohol \***
  - Fermentation
  - Distillation
  - Proof
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- Alcohol
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  - Proof \***
129. Process whereby heat is added to alcohol solution (mash) to release and then collect alcohol vapors into a more concentrated solution.
- Alcohol
  - Fermentation
  - Distillation \***
  - Proof
130. The ratio of alcohol to total blood volume and is used to measure physiological and behavioral effects of alcohol.
- Dependence
  - Addiction
  - Tolerance
  - Blood alcohol concentration \***
131. The need to continue using a drug of doing a behavior for psychological or physical reasons or both.
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  - Addiction
  - Tolerance
  - Blood alcohol concentration
132. An acquired reaction to a drug in which the continued intake of the same dose has a diminished effect and therefore more of the drug is needed to get the desired feeling.
- Dependence
  - Addiction
  - Tolerance \***
  - Blood alcohol concentration
133. The compulsive, uncontrollable dependence on a substance, habit, or activity in spite of the negative health consequences to such a degree that cessation causes severe emotional or physiological reactions.
- Dependence
  - Addiction \***
  - Tolerance
  - Blood alcohol concentration

134. The inappropriate use of legal drugs intended to be medications and can be either intentional or unintentional.
- Drug
  - Drug abuse
  - Drug misuse \***
  - Dosage
135. Any use of a legal or illegal drug in a way that is detrimental to health or well-being.
- Drug
  - Drug abuse \***
  - Drug misuse
  - Addiction
136. Any substance, natural or artificial, other than food that by its chemical or physical nature alters structure or function in the living organism.
- Drug \***
  - Drug abuse
  - Drug misuse
  - Dosage
137. The amount of drug that is taken or administered and determines the effect that the substance has on the body.
- Drug
  - Drug abuse
  - Drug misuse
  - Dosage \***
138. Drugs that stimulate, speed up the function of the central nervous system.
- Medicine
  - Amphetamines \***
  - Hallucinogens
  - Narcotics
139. Substances that distort the perception of reality, produce an altered states of feeling and perception, hallucinations, and can be produced synthetically or occur naturally.
- Medicine
  - Amphetamines
  - Hallucinogens \***
  - Narcotics
140. Highly addictive natural or synthetic drugs extracted from poppy plant that depress the central nervous system and inhibit the perception of pain.
- Medicine
  - Amphetamines
  - Hallucinogens
  - Narcotics \***
141. A prescription or over-the-counter drug used to treat, prevent, or diagnose illness.
- Medicine \***
  - Amphetamines
  - Hallucinogens
  - Narcotics

142. Any substance capable of altering feelings, moods, perceptions or behavior.
- Inhalants
  - Psychoactive drugs \***
  - Sedative-hypnotics
  - Narcotics
143. Depressants that calm and sedate the user by slowing the function of the central nervous system.
- Inhalants
  - Psychoactive drugs
  - Sedative-hypnotics \***
  - Medicine
144. Volatile vapor substances when inhaled produce an altered state of consciousness.
- Inhalants \***
  - Psychoactive drugs
  - Sedative-hypnotics
  - Medicine
145. A level of prevention that focuses on helping those individuals who have misused drugs.
- Primary
  - Secondary
  - Tertiary \***
  - Binary
146. A prevention at an early intervention stage that attempts to block more serious drug use from occurring by stopping the escalation of use.
- Primary
  - Secondary \***
  - Tertiary
  - Binary
147. A prevention that attempts to prevent drug use before it begins by trying to reach people before they start using alcohol, marijuana, or other drugs.
- Primary \***
  - Secondary
  - Tertiary
  - Binary
148. \_\_\_\_ tolerance is a form of tolerance when a user has the same response to a lower drug dose that he had when initially using higher doses.
- Disposition
  - Cross
  - Reserve \***
  - Behavioral
149. \_\_\_\_ tolerance is a form of tolerance when one substance leads to tolerance of another substances with similar pharmacological makeup.
- Disposition
  - Cross \***
  - Reserve
  - Behavioral

150. \_\_\_\_ tolerance is a form of tolerance where after repeated exposure to a drug, the person has learned (or conditioned self) to adjust to the presence of drugs in the system.
- Disposition
  - Cross
  - Reserve
  - Behavioral \***
151. \_\_\_\_ tolerance is a form of tolerance the rate at which the body disposes of a drug.
- Disposition \***
  - Cross
  - Reserve
  - Behavioral
152. A \_\_\_\_ effect is the heightened or exaggerated effect produced by the concurrent use of two or more drugs (the use of one drug intensifies the effect of a second drug).
- Synergistic (Potentiation) \***
  - Additive
  - Inhibition
  - Antagonistic
153. A(n) \_\_\_\_ effect is a drug interaction in which effects of one drug are eliminated or reduced by the presence of another drug at the recapture site. (Example: antacid tablets and aspirin)
- Synergistic (Potentiation)
  - Additive
  - Inhibition \***
  - Antagonistic
154. A(n) \_\_\_\_ effect is the combined (but not exaggerated) effect produced by concurrent use of two or more drugs.
- Synergistic (Potentiation)
  - Additive \***
  - Inhibition
  - Antagonistic
155. A \_\_\_\_ effect is when the effect produced when one drug reduces or offsets the effects of a second drug.
- Synergistic (Potentiation)
  - Additive
  - Inhibition
  - Antagonistic \***
156. A \_\_\_\_ effect is a drug interaction in which two or more drugs produce extremely uncomfortable symptoms. (Example: antabuse)
- Intolerance \***
  - Additive
  - Cross-tolerance
  - Antagonistic

157. A \_\_\_\_ effect is the transfer of tolerance from one drug to another within the same general category. (Example: alcohol and barbiturates)
- Intolerance
  - Additive
  - Cross-tolerance \***
  - Antagonistic
158. Multi- or unicellular organisms that must intrude the both living or dead bodies of other organisms in order to get food.
- Bacteria
  - Fungi \***
  - Parasitic worms
  - Viruses
159. The largest of the pathogens and examples include pinworms, tapeworms, and scabies.
- Bacteria
  - Fungi
  - Parasitic worms \***
  - Viruses
160. Simple, single-celled microscopic organisms classified by their shape and the three major types are cocci, bacilli, and spirilla.
- Bacteria \***
  - Fungi
  - Parasitic Worms
  - Viruses
161. The smallest known pathogens and consist of a protein structure that contains either RNA or DNA.
- Bacteria
  - Fungi
  - Parasitic worms
  - Viruses \***
162. Self-replicating protein based agents that can infect humans.
- Prions \***
  - Fungi
  - Protozoa
  - Viruses
163. Microscopic single-celled organisms generally associated with tropical diseases are called what?
- Bacteria
  - Protozoa \***
  - Parasitic worms
  - Prions
164. The mutual impact that a person has on another person as their lives interconnect.
- Behavioral interdependence \***
  - Companionate love
  - Emotional attachment
  - Emotional availability



165. Our openness to sharing and receiving emotions with someone without the fear of being taken advantage of, hurt, or rejected.
- Behavioral interdependence
  - Companionate love
  - Emotional attachment
  - Emotional availability \***
166. \_\_\_\_ is characterized as a relationship built on trust, security, mutual liking and equitable exchange in the relationship.
- Behavioral interdependence
  - Companionate love \***
  - Emotional attachment
  - Emotional availability
167. \_\_\_\_ includes the feelings of love we have for someone.
- Behavioral interdependence
  - Companionate love
  - Emotional attachment \***
  - Emotional availability
168. A formalized pattern of courting and the three stages dating couples seem to go through include the stimulus stage, value stage, and the role stage.
- Dating \***
  - Intimacy
  - Need fulfillment
  - Passionate love
169. A relationship bond that connects people.
- Dating
  - Intimacy
  - Need fulfillment \***
  - Passionate love
170. The sharing of deep feelings.
- Dating
  - Intimacy \***
  - Need fulfillment
  - Passionate love
171. \_\_\_\_ is characterized as a relationship built on strong emotion and physical arousal and provides the feeling of being in love.
- Dating
  - Intimacy
  - Need fulfillment
  - Passionate love \***
172. \_\_\_\_ is/are caused by pathogens that are spread from an infected person during intimate sexual contact.
- Relationship communication
  - Sexual response
  - Sexuality
  - Sexually transmissible infections \***

173. \_\_\_\_ is/are a physiological process that follows a general pattern divided into the four stages of excitement/arousal, plateau, orgasmic and resolution.
- Relationship communication
  - Sexual response \***
  - Sexuality
  - Sexually transmissible infections
174. \_\_\_\_ is/are the sharing of feelings, thoughts, and information with someone and is an indication of how well or how poorly a person relates to others.
- Relationship communication \***
  - Sexual response
  - Sexuality
  - Sexually transmissible infections
175. The sensations, emotions, and cognitions associated with physical sexual arousal.
- Relationship communication
  - Sexual response
  - Sexuality \***
  - Sexually transmissible infections
176. The \_\_\_\_ of a relationship includes factors such as proximity, similarity, reciprocal liking, and physical attractiveness.
- Initial attraction stage \***
  - Buildup stage
  - Continuation/consolidation stage
  - Deterioration stage
177. During the \_\_\_\_ of a relationship, people get to know each other better, the evaluation of the relationship becomes more rational than emotional, and expectations become clearer as partners share more feelings.
- Initial attraction stage
  - Buildup stage \***
  - Continuation/consolidation stage
  - Deterioration stage
178. In the \_\_\_\_ of a relationship the newness and the initial excitement has waned and the basis of the relationship is now centered round agreed-upon roles each person fulfills.
- Initial attraction stage
  - Buildup stage
  - Continuation/consolidation stage \***
  - Deterioration stage
179. The \_\_\_\_ of a relationship commonly occurs when one or both partners think the costs outweigh the benefits of being in the relationship.
- Initial attraction stage
  - Buildup stage
  - Continuation/consolidation stage
  - Deterioration stage \***

# PART 4

## (CHAPTERS 11–12)

### TRUE-FALSE

- Muscle weight and density decline with aging.
  - True \***
  - False
- The most rapidly growing group of aging Americans is those individuals over the age of 100.
  - True \***
  - False
- Skin is the second largest organ of the body and the most visible in detecting age changes.
  - True
  - False \***
- Hair loss and graying can indicate the presence or absence of a disease.
  - True \***
  - False
- One-half of sleep disorders are associated with insomnia.
  - True
  - False \***
- The best way to manage cardiovascular disease is to not get cardiovascular disease.
  - True \***
  - False
- Cancer is the second leading cause of death in the United States.
  - True \***
  - False
- The two most common types of skin cancer are basal cell and melanoma.
  - True
  - False \***
- Almost 90% of cancer deaths in men are attributable to tobacco smoke.
  - True \***
  - False
- Individuals who are undergoing cancer treatments should not exercise.
  - True
  - False \***
- Diabetes is not a life-threatening disease.
  - True
  - False \***

## MULTIPLE CHOICE

12. In terms of aging, it is important that we:
- Freak out
  - Do our best to stay young
  - Adopt a positive attitude \***
  - Worry about the future
13. \_\_\_\_ is the study of aging that is based upon subject matter from the disciplines of biology, psychology, and sociology.
- Gerontology \***
  - Ageism
  - Functionality
  - Social aging
14. The three types of aging that can be distinguished are:
- Primary aging, Secondary aging, and Chronological aging
  - Biological aging, Secondary aging, and Social aging
  - Primary aging, Secondary aging, and Tertiary aging \***
  - Tertiary aging, Primary aging, and Psychological aging
15. The term \_\_\_\_ refers to the slow and progressive structural and functional changes that take place in the cellular, tissue, and organ levels:
- Social aging
  - Primary aging
  - Psychological aging
  - Biological aging \***
16. Which of the following is not a general strategy that people use when adapting to aging?
- Compensation
  - Adaptation \***
  - Anticipation
  - Continuity
17. When there are changes in respect to an individual's role in society, this is known as:
- Biological aging
  - Psychological aging
  - Social aging \***
  - Chronological aging
18. \_\_\_\_ refers to living in familiar environments and interacting with familiar people.
- Internal continuity
  - External continuity \***
  - Group continuity
  - Individual continuity
19. All of the following are components of life satisfaction except:
- Exclusion \***
  - Zest
  - Completion
  - Outlook

20. Contending with or attempting to overcome difficulties is:
- Adaptation
  - Coping \***
  - Fighting the inevitable
  - Not advised in the elderly
21. The outermost layer of skin is called:
- Dermis
  - Epidermis \***
  - Hypodermis
  - None of the above
22. Tiny unit structures in the kidneys serving to filter waste matter from the blood are called:
- Nephritis
  - Rennin
  - Nephrons \***
  - Neurons
23. The spinal column is the body's central and most complex biomechanical structure and is a collection of \_\_\_ bones.
- 33 \***
  - 36
  - 40
  - 43
24. The back muscles are divided into three groups. Which of the following is not a group of back muscles?
- Upper limb
  - Lower limb \***
  - Respiratory
  - Low back
25. Which of the following can result from coronary artery disease?
- Angina
  - Heart attack
  - Shortness of breath with exertion
  - All of the above \***
26. \_\_\_ memory involves remembering information over very long periods of time.
- Secondary memory
  - Working memory
  - Tertiary memory \***
  - Sensory memory
27. \_\_\_ is the primary cause of cardiovascular disease and is a condition that specifically affects the arteries.
- Atherosclerosis \***
  - Artery disease
  - Coronary artery disease
  - None of the above

28. A(n) \_\_\_\_ is a type of blood clot that forms on the vessel wall as a result of atherosclerotic plaque damage.
- Embolus
  - Thrombus \***
  - Vessel
  - Myocarditis
29. The disease that occurs when arteries become damaged or diseased, thus restricting blood flow and limiting oxygen supply to the coronary tissue is known as:
- Peripheral artery disease
  - Chronic tissue disease
  - Congestive heart failure
  - Coronary artery disease \***
30. The circulatory condition where your limbs do not receive adequate blood flow and oxygen to keep up with the body's demands, thus causing leg pain when walking, among other symptoms, is known as:
- Peripheral artery disease \***
  - Chronic tissue disease
  - Congestive heart failure
  - Coronary artery disease
31. The following are all symptoms of congestive heart failure, except:
- Fatigue or weakness
  - Irregular heartbeat
  - Dehydration \***
  - Reduced exercise capacity
32. With respect to cardiovascular disease, smoking or using chewing tobacco is an example of which risk factor?
- Modifiable-major \***
  - Modifiable-minor
  - Nonmodifiable
  - None of the above
33. With respect to cardiovascular disease, which of the following is not a modifiable-minor risk factor?
- Obesity
  - Diabetes
  - Gender \***
  - Stress
34. In treating cardiovascular disease, the goals are to relieve symptoms, reduce risk factors and :
- Improve blood flow through the arteries \***
  - Decrease speed of blood flow through the arteries
  - Increase the speed of blood flow through the arteries
  - None of the above
35. What are the two basic types of surgical procedures for treating CVD?
- Coronary bypass and gastric bypass
  - Angioplasty and coronary bypass \***
  - Angioplasty and gastric bypass
  - Coronary bypass and mastectomy

36. Cancer is considered a \_\_\_\_ because the initiation and/or proliferation may be prevented in many cases by simply changing some habits.
- a. Genetic disease
  - b. Environmental disease
  - c. Lifestyle disease \***
  - d. Preventable disease
37. A \_\_\_\_ is defined as any agent that initiates or promotes the spread of cancer.
- a. Myocarditis
  - b. Cardiomyopathy
  - c. Carcinogen \***
  - d. None of the above
38. Tumors may be either malignant or non-cancerous, also known as:
- a. Recurring
  - b. Benign \***
  - c. Adverse
  - d. Life-threatening
39. The most common type of cancer death in both males and females is:
- a. Skin cancer
  - b. Lung cancer \***
  - c. Colon cancer
  - d. Oral cancer
40. According to the CDC, the most common risk factor for asthma is:
- a. Genetics
  - b. Allergens
  - c. Tobacco smoke
  - d. All of the above \***
  - e. None of the above
41. Having a good emotional, mental, and social wellness can significantly decrease the risk of \_\_\_\_ .
- a. CVD
  - b. Diabetes
  - c. Suicide \***
  - d. Alzheimer's disease