

Health Opportunities Through Physical Education

Unit Test: Building a Foundation

Name: _____ Class: _____ Date: _____

For all multiple-choice questions, clearly circle the letter of the best answer.

1. Which list presents the correct sequence of steps in the scientific method?
 - a. identify a problem, collect information, establish a hypothesis, interpret information
 - b. establish a hypothesis, collect information, interpret information, identify a problem
 - c. collect information, identify a problem, interpret information, identify a problem
 - d. identify a problem, establish a hypothesis, collect information, interpret information

2. Food science and food technology are both areas of study within what area of science?
 - a. medical science
 - b. health science
 - c. nutrition science
 - d. kinesiology

3. _____ is the study of human movement.
 - a. Pedagogy
 - b. Physiology
 - c. Kinesiology
 - d. Oncology

4. Which list contains the five components of health and wellness?
 - a. emotional, intellectual, social, spiritual, physical
 - b. emotional, intellectual, social, financial, physical
 - c. emotional, interpersonal, social, spiritual, physical
 - d. emotional, intellectual, psychological, spiritual, physical

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5. Which list contains all components of health-related fitness?
 - a. body composition, cardiorespiratory endurance, strength, muscular endurance, flexibility, power
 - b. agility, balance, coordination, reaction time, speed
 - c. agility, body composition, flexibility, strength, muscular endurance, power
 - d. body composition, cardiorespiratory endurance, strength, speed, coordination

6. Which list contains all components of skill-related fitness?
 - a. body composition, cardiorespiratory endurance, strength, muscular endurance, flexibility, power
 - b. agility, balance, coordination, reaction time, speed
 - c. agility, body composition, flexibility, strength, muscular endurance, power
 - d. body composition, cardiorespiratory endurance, strength, speed, coordination

7. Which statement is true?
 - a. Self-assessments are one type of self-management skill. Self-management skills are skills that come naturally to most people and do not need to be practiced.
 - b. Self-assessments are one type of self-management skill. Self-management skills are not necessary for most athletes because coaches manage their activity.
 - c. Self-assessments are one type of self-management skill. Self-management skills are usually for older adults who need structure.
 - d. Self-assessments are one type of self-management skill. Self-management skills are skills that help you to adopt healthy lifestyles now and throughout life.

8. Identify the list that places the fitness, health, and wellness factors (determinants) in the order of the factors you have most control over to the factors you have the least control over.
 - a. personal, environmental, social, healthy lifestyles
 - b. social, personal, environmental, healthy lifestyles
 - c. healthy lifestyles, environmental, social, personal
 - d. healthy lifestyles, social, environmental, personal

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9. Which term reflects the importance of regular physical activity, sound nutrition, and stress management?
- personal factors
 - wellness factors
 - priority healthy lifestyles
 - controllable health factors
10. The _____ is a series of steps to help you achieve lifetime fitness.
- Stairway to Health
 - Stairway to Level 1
 - Stairway to Lifetime Fitness, Health, and Wellness
 - Stairway to Wellness
11. Which list has the stages of change for a healthy lifestyle in the correct sequence?
- contemplation, precontemplation, action, planning, maintenance
 - precontemplation, contemplation, planning, action, maintenance
 - contemplation, planning, precontemplation, action, maintenance
 - precontemplation, planning, contemplation, action, maintenance
12. Which statement is true about the stages of change for a healthy lifestyle?
- No matter what the lifestyle, the goal is to move from stage 1 to stage 5.
 - No matter what the lifestyle, the goal is to move from stage 5 to stage 1.
 - No matter what the lifestyle, the goal is to move up one stage a month.
 - No matter what the lifestyle, the goal is to move to the stage that is right for you.
13. Which skill enables you to evaluate your fitness, health, wellness, and lifestyle so that you can make good decisions and set goals?
- self-assessment
 - self-management
 - self-talk
 - self-reflection

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14. Identify the correct terms in the SMART acronym for goal setting.
 - a. specific, measurable, attributable, realistic, timely
 - b. specific, measurable, attainable, realistic, timely
 - c. specific, monitored, attainable, realistic, timely
 - d. specific, measurable, attainable, recent, timely

15. Identify the short-term product goal.
 - a. Exercise three times per week for one month.
 - b. Exercise three times per week for six months.
 - c. Lose 20 pounds in the next four months.
 - d. Lose 4 pounds in the next three weeks.

16. Identify the long-term process goal.
 - a. Gain 10 pounds in the next three months.
 - b. Gain 10 pounds in the next eight months.
 - c. Perform muscle fitness exercises three times per week for the next six months.
 - d. Perform muscle fitness exercises three times per week for the next four weeks.

17. Which is the correct sequence for personal program planning?
 - 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

18. Which list includes important guidelines for setting goals?
 - a. choose a few goals at a time, use the SMART formula, work toward your goals with a friend
 - b. choose a few goals at a time, put your goals in writing, keep a log to track your progress
 - c. choose a few goals at a time, use the SMART formula, focus on product goals
 - d. choose a few goals at a time, put your goals in writing, avoid long-term process goals

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19. _____ make good short-term goals because you can easily monitor progress and, with effort, you can succeed.
- a. Product goals
 - b. Process goals
 - c. Performance goals
 - d. Personal goals
20. Which of these best describes step 2 of planning your personal physical activity program?
- a. Structure your program plan and write it down.
 - b. Evaluate your program after you have tried it.
 - c. Collect information.
 - d. Set goals.
 - e. Consider a variety of activities.

Read the next five open-ended questions slowly and answer them directly.

21. Describe the purpose of the warm-up.

22. List three benefits of leading a healthy lifestyle.

23. Explain how friends are important social and individual factors that affect your fitness, health, and wellness.

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24. Explain the difference between product and process goals.

25. Describe what a personal needs profile is and why it is an important part of developing a personal program.
