* **2.**

Which of the following are health related components of physical fitness?

* + A.

Balance and Reaction Time

* + B.

Body Composition and Flexibilty

* + C.

Diet and Exercise

* + D.

Speed and Endurance

* **3.**

If you start exercising regularly, how long will it tak eto be able to see some improvement in physical fitness?

* + A.

A couple hours

* + B.

A day or two

* + C.

A week

* + D.

About a month

* **4.**

What is muscular strength?

* + A.

The ability to touch your toes without bending your knees

* + B.

The ability to exert energy while at rest

* + C.

The method at which you lift a weight 10 times in a row

* + D.

The ability for a muscle or group of muscles to exert force against resistance

* **5.**

Which of the following is a physical benefit of exercise?

* + A.

It allows you to eat anything you want without gaining an ounce

* + B.

It strengthens your heat and lungs

* + C.

It stops the aging process forever

* + D.

It's not that important and doesn't give any real health benefits

* **6.**

How does the text in  "Get Fit, Stay Fit" define physical fitness?

* + A.

You are flexible, trim, and good looking

* + B.

All systems of yourbody are healthy so you can do daily activities without undue fatigue

* + C.

All systems of your body are functioning even when you don't eat or sleep well

* + D.

You are able to do daily physical activities when you drink coffee and energy drinks

* **7.**

What does the term wellness mean?

* + A.

Your weight and height

* + B.

Yoru social, emotional, spirtual and moral needs

* + C.

Your overall health and nutrional needs

* + D.

Yout exercise schedual, routine and sticking to it

* **8.**

Body composition refers to the percentage of fat in the body compared to the percentage of all the other tissues.

* + A.

True

* + B.

False

* **9.**

Engaging in regular exercise during your lifetime can delay many of the degenerative processes associated with aging.

* + A.

True

* + B.

False

* **10.**

Reaction time is how long it takes to memorize key terms from the text.

* + A.

True

* + B.

False

* **11.**

There are quick and easy shortcuts you can use to get fit without a lot of time, work or energy.

* + A.

True

* + B.

False

* **12.**

Skill related components of physical fitness are related to work and job performance

* + A.

True

* + B.

False

* **13.**

Physical activity produces various physical fitness are related to work and job performance.

* + A.

True

* + B.

False

* **14.**

You should define your fitness goals firts, then design your workout to meet those goals.

* + A.

True

* + B.

False

* **15.**

Exercise has no physical benefits.

* + A.

True

* + B.

False

* **16.**

Wellness refers to an individual's physical, mental, emotional, and social stability.

* + A.

True

* + B.

False

* **17.**

There are seven domains of wellness.

* + A.

True

* + B.

False

* **18.**

Social wellness refers to your level of social interaction with others and how it pertains to your health.

* + A.

True

* + B.

False

* **19.**

A healthy lifestyle should intergrate exercise, stress control, and elimination of unhealthy habits such as smoking, alcohol, and drug abuse.

* + A.

True

* + B.

False

* **20.**

All stress is bad for you.

* + A.

True

* + B.

False

* **21.**

Chronic, longer term stress can lead to phsyical and mental illness.

* + A.

True

* + B.

False

* **22.**

Stress that can have positive effects on an individual is called what?

* + A.

Plustress

* + B.

Eustress

* + C.

Distress

* + D.

Astress