

Name: _____

Date: _____

- 1 Which one of the following has been most closely connected to dangerous health conditions?
- A Excessive body fat
 - B Low muscle strength
 - C Lack of flexibility
 - D Excessive cardiorespiratory endurance

- 2 Which type of exercise is the best way to lose weight or maintain a healthy weight?

(Input all that apply, then push the ENTER button.)

- A consistent
 - B exercise after eating a meal
 - C intermittent (a lot during one week, then none the next week)
 - D a type of exercise you enjoy
- 3 Allowing sufficient amounts of oxygen to be delivered to the muscles
- A Isotonic
 - B Tone
 - C Aerobic
 - D Isometric
 - E Isokinetic
 - F Anaerobic
- 4 The length of time you can hold a particular weight or the number of times you can lift it is a measure of your muscular
- A strength
 - B flexibility
 - C composition
 - D endurance
- 5 Select the set that best completes this sentence: Regular exercise _____ this risk of cardiovascular disease, _____ stress and anxiety, and _____ bone strength.
- A decreases / helps control / increases
 - B improves / aids/ relieves
 - C reduces / improves / helps control
 - D helps control / aids / relieves

- 6 If your goal is to reduce body fat, you should exercise _____ for ___ minutes at about 50% of your maximum heart rate.
- A vigorously / 20
 - B moderately / 30
 - C vigorously / 50
 - D moderately / 60
- 7 Your friend is trying to "get into" biking as a regular exercise. However, she is discouraged because after 5 minutes she becomes so out of breath that she gives up and stops. What advice should you give her?
- A Try to find another exercise that is not so challenging like running or swimming.
 - B Once you get tired, stop, and then try to bike again tomorrow for 6 minutes. Keep adding 1 minute to your schedule until you can run for 30 minutes.
 - C Bike more slowly on a flat road until you get to 50% of your maximum heart rate; do it for 30 minutes. Then increase your speed slowly.
- 8 When you first start working out, you may initially gain a little more weight because....
- A you become hungrier when you exercise so you eat more, and those extra calories can add more weight.
 - B you add muscle and lose fat when you work out, and muscle weighs more than fat.
- 9 Light gymnastic exercise designed to promote good health by developing strength and grace
- A Hurdles
 - B Calisthenics
 - C Marathon
 - D Relay
- 10 Which of these exercises places the highest demands on cardiorespiratory endurance?
- A Swimming
 - B Gymnastics
 - C Baseball
 - D Volleyball

11 Which of the following are true statements about exercise?

(Input all that apply, then push the ENTER button.)

- A Exercise is unsafe for elderly people.
- B Women have more fat tissue than men.
- C Being thin is a sign of fitness.
- D You cannot "spot reduce" or lose fat in one specific area.
- E You should exercise to the point of pain and then push a little harder in order to improve your abilities.

12 It is best to start exercising while you are young and continue for life.

- A True
- B False

13 Mary, who just turned 60, decided she wants to start exercising. She is concerned because her bones already ache. What would you tell her?

(Input all that apply, then push the ENTER button.)

- A Moderate exercise can help reduce physical problems associated with age.
- B Exercise can help strengthen the bones.
- C There are many different types of exercises you can do that put little stress on the bones.
- D Older people who get no exercise are healthier than those who remain active.

14 The feeling of physical and emotional well-being after exercising is partly the result of the body's production of what substance?

- A Adrenalin
- B Melatonin
- C Endorphins
- D Insulin

15 (NS1-U5C1-2:TB17)

To receive benefits from an exercise program, what is the minimum number of times you should exercise per week?

- A Two
- B Three
- C Four
- D Five

- 16 Which of the following is NOT required for the activities in the Cadet Challenge?
- A Strength
 - B Flexibility
 - C Height
 - D Endurance
- 17 Preparation for the Cadet Challenge should include which of the following? (Input all that apply, then push the ENTER button.)
- A Exercise at least 3 times a week.
 - B Spend at least 20 minutes per day conditioning.
 - C Sit/reach in your cool down exercises.
 - D Sleep at least 12 hours a day.
- 18 How many miles is the run distance for the Cadet Challenge?
- A 1
 - B 2
 - C 3
 - D 4
- 19 What is the one event in the President's Challenge Program that is NOT in the Cadet Challenge?
- A Sit and Reach
 - B Shuttle Run
 - C Right Angle Push-ups
 - D Curl-ups
- 20 Which of these pieces of advice would be least likely to help someone stick with an exercise program?
- A Exercise with a friend or group.
 - B Set high goals immediately.
 - C Make fitness part of your daily routine just like eating or going to school.
 - D Choose a convenient place to exercise so you can get there quickly and easily.

Question:	Answer
1	A
2	AD
3	C
4	D
5	A
6	B
7	C
8	B
9	B
10	A
11	BD
12	A
13	ABC
14	C
15	B
16	C
17	ABC
18	A
19	B
20	B