

### Question 1

Symptoms of chlamydia that occur several months after infection include all of the following except \_\_\_\_\_.

- A) lower abdominal pain
- B) low-grade fever
- C) lower back pain
- D) neck pain

Answer: <https://biology-forums.com/index.php?topic=339435>

### Question 2

Which of the following is a major muscle of the leg?

- A) rectus abdominis
- B) trapezius
- C) gluteus maximus
- D) vastus medialis

Answer: <https://biology-forums.com/index.php?topic=338658>

### Question 3

To improve flexibility, stretching exercises are most productive when they are performed \_\_\_\_\_.

- A) at the end of the workout
- B) at the beginning of the warmup
- C) between exercise sets
- D) 2-3 hours after the workout

Answer: <https://biology-forums.com/index.php?topic=338800>

### Question 4

Long-term use of marijuana \_\_\_\_\_.

- A) presents no serious health risks
- B) can result in psychological dependence
- C) can cause liver tumors
- D) does not result in psychological dependence

Answer: <https://biology-forums.com/index.php?topic=339491>

### Question 5

What are the five most widely abused drugs in the United States?

Answer: <https://biology-forums.com/index.php?topic=339523>

### Question 6

Discuss the three stages of a strength-training program. Be sure to include frequency, duration, and intensity of training during each stage.

Answer: <https://biology-forums.com/index.php?topic=339602>

### Question 7

Human papillomavirus is very strongly linked to the development of \_\_\_\_\_ cancer.

- A) colon
- B) skin
- C) cervical
- D) breast

Answer: <https://biology-forums.com/index.php?topic=339375>

### Question 8

Choose three body systems from the list below and discuss some of the effects of aging on those systems.

cardiovascular system; musculoskeletal system; integumentary system (skin, hair, nails); special senses (vision, hearing, taste, smell); nervous system

Answer: <https://biology-forums.com/index.php?topic=339256>

### Question 9

Discuss the ideas of allostasis and allostatic load.

Answer: <https://biology-forums.com/index.php?topic=339184>

### Question 10

Ben is writing up the weekly schedule for his new exercise program, trying to balance a job, night-time classes, and time with his newborn son. Ben's major goal is to improve his cardiovascular fitness. What is the minimum amount of time that Ben can do cardio training and see health benefits?

- A) 130 minutes/week
- B) 30 minutes 7 days a week
- C) 10-20 minutes/week
- D) 30 minutes every 5 days

Answer: <https://biology-forums.com/index.php?topic=338868>

### Question 11

How many of the major risk factors for cardiovascular disease can be modified by behavior?

- A) five
- B) two
- C) six
- D) four

Answer: <https://biology-forums.com/index.php?topic=339112>

### Question 12

Which hormone depresses appetite by acting on areas of the brain that control hunger?

- A) leptin
- B) testosterone
- C) insulin
- D) ghrelin

Answer: <https://biology-forums.com/index.php?topic=338996>

### Question 13

People who work in or near plants that use industrial chemicals can contact the \_\_\_\_\_ for detailed reliable information on the carcinogenic risks of industrial agents.

- A) Occupational Safety and Health Administration
- B) Environmental Protection Agency
- C) National Institutes of Health
- D) U.S. Department of Agriculture

Answer: <https://biology-forums.com/index.php?topic=339387>

### Question 14

Any exercise prescription for improving cardiorespiratory fitness has three phases: \_\_\_\_\_, improvement, and maintenance

- A) cool-down
- B) warm-up
- C) assessment
- D) initial conditioning

Answer: <https://biology-forums.com/index.php?topic=338626>

### Question 15

It is recommended that you eat a minimum of \_\_\_\_\_ grams of fiber per day.

- A) 10-15
- B) 40
- C) 150
- D) 25

Answer: <https://biology-forums.com/index.php?topic=338910>

### Question 16

A primary factor in aerobic dance injury would be \_\_\_\_\_.

- A) inconsistent weekly exercise
- B) dancing on wooden floors
- C) beginning with a 5-minute warm-up
- D) poorly fitting shoes

Answer: <https://biology-forums.com/index.php?topic=339264>

### Question 17

Scott, age 21, has just graduated from 2-year community college and wants to join the United States Marine Corps. According to the USMC web site, applicants must be "within acceptable weight and body fat standards." So Scott asks his family physician to assess his body fat to determine whether he's eligible to join the Marines. Scott's results are as follows: % body fat: 21.8, BMI: 27. What is Scott's condition?

- A) under-weight
- B) average
- C) obese
- D) overweight

Answer: <https://biology-forums.com/index.php?topic=338824>

### Question 18

Weight-bearing activities are particularly important for \_\_\_\_\_.

- A) reducing the risk of lung cancer
- B) reducing the risk of CVD
- C) increasing bone density
- D) lowering blood glucose levels

Answer: <https://biology-forums.com/index.php?topic=338493>

### Question 19

Patellofemoral pain syndrome is caused by \_\_\_\_\_.

- A) excessive force applied to the knee joint
- B) inflammation of a tendon
- C) poorly aligned quadriceps muscles
- D) a bout of excessively long or intense exercise

Answer: <https://biology-forums.com/index.php?topic=339291>

### Question 20

How does the principle of progression apply to the exercise prescription?

Answer: <https://biology-forums.com/index.php?topic=339540>