

Question 1

Characteristics of addiction include

- A) increased control.
- B) denial.
- C) positive consequences.
- D) high self-esteem.

Answer: <https://biology-forums.com/index.php?topic=339839>

Question 2

Gentle stretching and relaxation of muscles will

- A) decrease blood flow.
- B) decrease stress hormones.
- C) result in stiff muscles.
- D) increase inflammation.

Answer: <https://biology-forums.com/index.php?topic=339041>

Question 3

During the stress response, one of the primary functions of cortisol is to trigger the release of

- A) insulin.
- B) glucose.
- C) adrenalin.
- D) endorphins.

Answer: <https://biology-forums.com/index.php?topic=339543>

Question 4

Organic compounds that we need in tiny amounts to promote growth and help maintain health are known as

- A) amino acids.
- B) vitamins.
- C) minerals.
- D) triglycerides.

Answer: <https://biology-forums.com/index.php?topic=339314>

Question 5

Bettina has been exercising for a few weeks and is becoming adjusted to her current intensity level. To improve further, she must

- A) increase her overload training.
- B) begin to train using a different mode of activity.
- C) target skills that will improve her sports performance.
- D) readjust her expectations because she has reached her plateau.

Answer: <https://biology-forums.com/index.php?topic=338650>

Question 6

Which racial/ethnic group has the lowest percentage of overweight?

- A) Asian Americans
- B) Hispanic females
- C) White males
- D) African American females

Answer: <https://biology-forums.com/index.php?topic=339430>

Question 7

Which method is best for tracking your progress with weight training?

- A) Measure the girth of your muscles with a tape measure after each workout.
- B) Flex in front of the mirror after each set.
- C) Have a friend describe the changes in your appearance each week.
- D) Use a weight-training log to record your progress.

Answer: <https://biology-forums.com/index.php?topic=338990>

Question 8

Hypokinetic diseases are defined as

- A) diseases caused by poor diet.
- B) diseases caused by inactivity.
- C) diseases caused by exposure to environmental toxins.
- D) diseases caused by factors outside an individual's control.

Answer: <https://biology-forums.com/index.php?topic=338546>

Question 9

The interpretation and evaluation of information provided to the brain by the senses is known as

- A) psychoneuroimmunology.
- B) adaptation.
- C) homeostasis.
- D) appraisal.

Answer: <https://biology-forums.com/index.php?topic=339589>

Question 10

Stress can be described as

- A) a maintaining of the body's normal physiological equilibrium in response to an event.
- B) a remembering of a sad event that occurred in your past.
- C) a disturbed emotional state experienced due to an event or circumstance.
- D) a viral infection.

Answer: <https://biology-forums.com/index.php?topic=339522>

Question 11

The stage of HIV in which CD4 cells are destroyed is called the _____ stage.

- A) secondary
- B) primary
- C) asymptomatic
- D) early to mid

Answer: <https://biology-forums.com/index.php?topic=339926>

Question 12

Actions that can be performed daily by beginning exercisers are

- A) exercise training.
- B) lifestyle physical activities.
- C) vigorous physical activities.
- D) sports activities.

Answer: <https://biology-forums.com/index.php?topic=338739>

Question 13

James is enrolled in an environmental health class. As part of his class project, he keeps track of the average amount of municipal solid waste that he generates daily. His average over the last seven days was 3 lbs. per day. Based on this information, James

- A) generates less municipal waste than the majority of Americans.
- B) generates about the same amount of municipal waste as the majority of Americans.
- C) generates more municipal waste than the majority of Americans.
- D) cannot determine how this compares to amounts generated by most Americans.

Answer: <https://biology-forums.com/index.php?topic=339990>

Question 14

Basal metabolic rate is decreased by

- A) increased lean mass.
- B) increased endurance activity.
- C) increased fat mass.
- D) increased non-aerobic activity.

Answer: <https://biology-forums.com/index.php?topic=339484>

Question 15

Medical treatment extends the _____ stage of HIV.

- A) primary
- B) late
- C) asymptomatic

D) symptomatic

Answer: <https://biology-forums.com/index.php?topic=339930>

Question 16

If you are obese and a non-smoker, your life expectancy is approximately

- A) the same as a normal weight individual.
- B) 2 years less than that of a normal weight individual.
- C) 6 years less than that of a normal weight individual.
- D) 10 years less than that of a normal weight individual.

Answer: <https://biology-forums.com/index.php?topic=339448>

Question 17

The times per week that an activity is performed is known as

- A) frequency.
- B) intensity.
- C) time.
- D) type.

Answer: <https://biology-forums.com/index.php?topic=338688>

Question 18

An excessive preoccupation with a behavior and an overwhelming need to perform it is defined as

- A) addiction.
- B) pessimism.
- C) compulsion.
- D) denial.

Answer: <https://biology-forums.com/index.php?topic=339840>

Question 19

Gender differences in flexibility seem to indicate

- A) that women overall have a higher degree of flexibility than men.
- B) that men overall have a higher degree of flexibility than women.
- C) that both genders are equivalent in flexibility.
- D) that differences are specific to particular joints.

Answer: <https://biology-forums.com/index.php?topic=339061>

Question 20

The idea that over time, an accumulation of damage from internal processes and environmental stress eventually wears the body out, is known as

- A) cellular theory.
- B) wear and tear theory.
- C) genetic mutation theory.
- D) diathesis-stress model.

Answer: <https://biology-forums.com/index.php?topic=339949>