

Question 1

A prescription drug used to help break nicotine addiction is called

- A) a beta-blocker.
- B) Zyban.
- C) Olestra.
- D) Oxycontin.

Answer: <https://biology-forums.com/index.php?topic=339874>

Question 2

The prevalence of lower-back pain rises with

- A) low body mass index.
- B) decreased weight in the abdominal region.
- C) increased muscle fitness.
- D) increased body fat.

Answer: <https://biology-forums.com/index.php?topic=339125>

Question 3

Which of the following is a limitation of BMI?

- A) It doesn't differentiate between fat and lean tissue.
- B) It is not helpful for individuals of average muscle and bone density.
- C) It's impractical to use in assessing large populations for weight classification and disease risk.
- D) It requires expensive equipment to measure.

Answer: <https://biology-forums.com/index.php?topic=339177>

Question 4

At what age do women have a higher incidence of hypertension than men?

- A) 55
- B) under 55
- C) over 75
- D) between 40 and 60

Answer: <https://biology-forums.com/index.php?topic=339678>

Question 5

Researchers think that cortisol and cytokines damage a part of the brain known as the

- A) hippocampus.
- B) motor cortex.
- C) prefrontal lobe.
- D) central sulcus.

Answer: <https://biology-forums.com/index.php?topic=339566>

Question 6

An eating disorder characterized by deliberate food restriction and severe, life-threatening weight loss is known as

- A) anorexia nervosa.
- B) bulimia nervosa.
- C) binge eating disorder.
- D) body dysmorphic disorder.

Answer: <https://biology-forums.com/index.php?topic=339472>

Question 7

Approximately _____% of new hepatitis B cases is transmitted via sexual contact.

- A) 20
- B) 50
- C) 40
- D) 80

Answer: <https://biology-forums.com/index.php?topic=339919>

Question 8

John runs 3 miles, five days a week, because he enjoys the challenge and the way he feels afterward. John's reward for running is

- A) external.
- B) consumable.
- C) incentive-based.
- D) intrinsic.

Answer: <https://biology-forums.com/index.php?topic=338612>

Question 9

Which of the following statements regarding melanoma is true?

- A) Melanoma is more common than basal cell carcinoma skin cancer.
- B) Melanoma is less invasive than other types of skin cancer.
- C) Melanoma is the most frequent cancer in Caucasian women aged 50 to 65.
- D) Melanoma is difficult to treat once it spreads.

Answer: <https://biology-forums.com/index.php?topic=339797>

Question 10

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 11

Air quality index values below _____ are generally considered satisfactory.

- A) 50
- B) 100
- C) 200
- D) 300

Answer: <https://biology-forums.com/index.php?topic=339988>

Question 12

What is the term for the ability to perform moderate to vigorous levels of physical activity without undue fatigue?

Answer: <https://biology-forums.com/index.php?topic=338745>

Question 13

A chronic disease related to smoking in which the alveoli become damaged, and the exchange of oxygen and carbon dioxide in the lungs decreases, is known as

- A) chronic bronchitis.
- B) nicotine poisoning.
- C) emphysema.
- D) pneumonia.

Answer: <https://biology-forums.com/index.php?topic=339869>

Question 14

Leukemia occurs in the

- A) muscle tissue.
- B) brain.
- C) bone marrow.
- D) connective tissue.

Answer: <https://biology-forums.com/index.php?topic=339790>

Question 15

The volume of blood ejected from the heart in one minute is what?

Answer: <https://biology-forums.com/index.php?topic=338889>

Question 16

Which disease involves inflammation of the bronchi?

- A) emphysema
- B) chronic bronchitis

- C) lung cancer
- D) diabetes

Answer: <https://biology-forums.com/index.php?topic=339751>

Question 17

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 18

With training, you can typically improve your VO₂max by

- A) less than 5%.
- B) 5 to 10%.
- C) 15 to 20%.
- D) more than 20%.

Answer: <https://biology-forums.com/index.php?topic=338849>

Question 19

Which factor influencing body weight is related to lifestyle, rather than heredity?

- A) metabolic rate
- B) fat storage
- C) personal choices
- D) ability to sense fullness

Answer: <https://biology-forums.com/index.php?topic=339420>

Question 20

Unprotected sex is best defined as

- A) sexual intercourse without a barrier method of pregnancy protection.
- B) sexual intercourse with an infected partner.
- C) sexual contact without a condom.
- D) sexual intercourse without the use of a condom or other method of STI protection.

Answer: <https://biology-forums.com/index.php?topic=339896>

Question 21

Shelly is happy with her current body weight and wants to maintain it. To do this, she needs to be in

- A) negative caloric balance.
- B) positive caloric balance.
- C) isocaloric balance.
- D) positive energy balance.

Answer: <https://biology-forums.com/index.php?topic=339492>

Question 22

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

Answer: <https://biology-forums.com/index.php?topic=339997>

Question 23

Substances that form the major structural components of the body are known as

- A) proteins.
- B) fats.
- C) carbohydrates.
- D) vitamins.

Answer: <https://biology-forums.com/index.php?topic=339267>

Question 24

High intake of which substance is associated with a decreased risk for cardiovascular disease?

- A) saturated fat
- B) sodium
- C) fiber
- D) refined carbohydrates

Answer: <https://biology-forums.com/index.php?topic=339709>

Question 25

A person with which eye color has the lowest risk of skin cancer?

- A) brown
- B) blue
- C) green
- D) gray

Answer: <https://biology-forums.com/index.php?topic=339798>

Question 26

A problem associated with using prescription drugs to induce weight loss is that

- A) they tend to induce anorexia nervosa.
- B) they can become addictive.
- C) the person tends to regain the weight as soon as he or she discontinues the medication.
- D) they increase appetite.

Answer: <https://biology-forums.com/index.php?topic=339466>

Question 27

Gains in muscular endurance are best developed

- A) with lower resistance and more repetitions.
- B) with higher resistance and fewer repetitions.
- C) with moderate resistance and moderate repetitions.
- D) with higher resistance and more repetitions.

Answer: <https://biology-forums.com/index.php?topic=338985>

Question 28

A factor that lowers the risk for pancreatic cancer is

- A) being over 45.
- B) smoking.
- C) being female.
- D) a diet high in fat.

Answer: <https://biology-forums.com/index.php?topic=339814>

Question 29

Resistance training intensity is usually measured by

- A) the amount of weight lifted.
- B) the heart rate during lifts.
- C) the speed with which you lift the weights.
- D) the size of the muscles when contracted during activity.

Answer: <https://biology-forums.com/index.php?topic=338682>

Question 30

Aerobic exercise, weight lifting, and yoga are all examples of

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

Answer: <https://biology-forums.com/index.php?topic=338741>

Question 31

The upper respiratory tract is made up of

- A) the pharynx and bronchioles.
- B) the lower trachea and lungs.
- C) the pharynx, larynx, and trachea.
- D) the bronchioles, lungs, and alveoli.

Answer: <https://biology-forums.com/index.php?topic=338763>

Question 32

Which is an advantage of using machine weights for resistance training instead of free weights?

- A) safe and less intimidating for beginners
- B) requires and promotes development of more muscle control
- C) allows your body to move through its natural range of motion
- D) incorporates balance and movement patterns that are closer to sport movement patterns

Answer: <https://biology-forums.com/index.php?topic=338961>

Question 33

Simple carbohydrates primarily provide

- A) energy.
- B) nutrient dense calories.
- C) cellulose.
- D) polysaccharides.

Answer: <https://biology-forums.com/index.php?topic=339282>

Question 34

_____ is the type of cardiovascular disease that causes the most deaths.

- A) Coronary heart disease
- B) Hypertension
- C) Heart failure
- D) Atherosclerosis

Answer: <https://biology-forums.com/index.php?topic=339683>

Question 35

Which of the following statements regarding syphilis is true?

- A) The steepest incline has been among young homosexual and bisexual men.
- B) Syphilis is an untreatable STI.
- C) Syphilis cannot be transmitted via kissing.
- D) The incidence of syphilis decreased 15% between 2006 and 2007.

Answer: <https://biology-forums.com/index.php?topic=339903>

Question 36

The "bad cholesterol," which leads to plaque deposits in blood vessels, is known as

- A) HDL.
- B) LDL.
- C) triglycerides.
- D) lipoproteins.

Answer: <https://biology-forums.com/index.php?topic=339309>

Question 37

Which of the following is a way to get more heart-healthy fat into the diet?

- A) cook with unsaturated oils
- B) increase intake of processed foods
- C) eat bologna rather than poultry
- D) increase intake of partially hydrogenated vegetable oil

Answer: <https://biology-forums.com/index.php?topic=339313>

Question 38

A complementary alternative medicine that uses inserted needles to balance the body's "energy flow" is known as

- A) chiropractic medicine.
- B) acupuncture.
- C) homeopathic medicine.
- D) Ayurveda.

Answer: <https://biology-forums.com/index.php?topic=339976>

Question 39

The "M" in SMART, the acronym referring to a goal-setting strategy, stands for what?

Answer: <https://biology-forums.com/index.php?topic=339029>

Question 40

According to Healthy People 2010, one objective is for 30% of adults to participate in strength training exercises at least

- A) once per week.
- B) two times per week.
- C) three times per week.
- D) five times per week.

Answer: <https://biology-forums.com/index.php?topic=338909>

Question 41

A planned confrontation with an alcoholic that involves friends, family, and counselors is known as

- A) an intervention.
- B) a treatment program.
- C) a detoxification.
- D) a support group.

Answer: <https://biology-forums.com/index.php?topic=339860>

Question 42

Several days after engaging in unprotected sex, John began to experience painful urination and a foamy yellow discharge. His symptoms suggest that he contracted

- A) herpes.
- B) pubic lice.
- C) trichomoniasis.
- D) gonorrhea.

Answer: <https://biology-forums.com/index.php?topic=339935>

Question 43

The stage of the transtheoretical model in which a person does not acknowledge a need to change a behavior is

- A) contemplation.
- B) precontemplation.
- C) termination.
- D) maintenance.

Answer: <https://biology-forums.com/index.php?topic=338569>

Question 44

Which drug is used legitimately as an anesthetic in hospitals and veterinary clinics but is cooked, dried, and sold on the street as a hallucinogen?

- A) Special K (ketamine)
- B) Marijuana
- C) Ecstasy
- D) Crystal meth

Answer: <https://biology-forums.com/index.php?topic=339883>

Question 45

Which STI is known as a yeast infection?

- A) syphilis
- B) candidiasis
- C) herpes
- D) HPV

Answer: <https://biology-forums.com/index.php?topic=339937>

Question 46

Which symptom of a heart attack is more likely in men than in women?

- A) pain between the shoulder blades
- B) shortness of breath
- C) pain in the center of the chest
- D) fatigue

Answer: <https://biology-forums.com/index.php?topic=339694>

Question 47

When CD4 levels fall below 200 per cubic ml of blood, a person is considered to have

- A) primary HIV.
- B) HIV.
- C) early-to-mid HIV symptoms.
- D) full-blown AIDS.

Answer: <https://biology-forums.com/index.php?topic=339929>

Question 48

According to the American College of Sports Medicine the recommended frequency for cardiorespiratory exercise is

- A) 2 days per week.
- B) 3 to 5 days per week.
- C) 5 to 6 days per week.
- D) 7 days per week.

Answer: <https://biology-forums.com/index.php?topic=338861>

Question 49

Conditioning exercises that use your body weight for resistance are known as what?

Answer: <https://biology-forums.com/index.php?topic=339021>

Question 50

Excessive alcohol intake contributes to which of the following risk factors for cardiovascular disease?

- A) decreased triglycerides
- B) increased blood pressure
- C) decreased risk for obesity
- D) increased thinning of blood

Answer: <https://biology-forums.com/index.php?topic=339710>

Question 51

Smoking contributes to heart disease by

- A) encouraging the buildup of fatty deposits in artery walls.
- B) contributing to hemophilia.
- C) increasing oxygen supplied to the heart.
- D) maintaining regular heart rhythms.

Answer: <https://biology-forums.com/index.php?topic=339868>

Question 52

Jobs that put workers at high risk of developing lower-back pain are those that involve a lot of

- A) bending.
- B) walking.
- C) running.
- D) changing of positions often.

Answer: <https://biology-forums.com/index.php?topic=339116>

Question 53

Misalignment of the spine leading to lower-back pain can be caused by

- A) muscular imbalances.
- B) strong abdominal muscles.
- C) loose hip flexors.
- D) proper body mechanics.

Answer: <https://biology-forums.com/index.php?topic=339114>

Question 54

An alcohol that is 100 proof contains _____% alcohol.

- A) 50
- B) 75
- C) 100
- D) 150

Answer: <https://biology-forums.com/index.php?topic=339848>

Question 55

When a doctor recommends you undergo a medical test, which question would be the most pertinent to ask him or her?

- A) Why is the test being ordered?
- B) Are you board certified?
- C) Are you open to complementary or alternative medicine?
- D) Who will be responsible for my care when you are on vacation?

Answer: <https://biology-forums.com/index.php?topic=339971>

Question 56

When setting goals for achieving a healthy body composition, you should

- A) choose a target weight that is healthy and that you can maintain for a lifetime.
- B) expect rapid weight loss.
- C) exercise specific areas to lose using spot reduction.
- D) aim to increase your fat mass gradually.

Answer: <https://biology-forums.com/index.php?topic=339224>

Question 57

The Pap test is the most effective way to detect early stage _____ cancer.

- A) human papillomavirus (HPV)
- B) breast
- C) ovarian
- D) cervical

Answer: <https://biology-forums.com/index.php?topic=339807>

Question 58

Short-term, high-intensity training, such as sprinting, is known as

- A) interval training.
- B) aerobic training.
- C) cross-training.
- D) anaerobic training.

Answer: <https://biology-forums.com/index.php?topic=338813>

Question 59

Once a person contracts herpes, _____ can trigger subsequent outbreaks.

- A) physical trauma
- B) physical contact
- C) stress
- D) cold sores

Answer: <https://biology-forums.com/index.php?topic=339912>

Question 60

Which method of body composition assessment utilizes a weight-to-height ratio to assess disease risk and weight classification?

- A) BIA
- B) BMI
- C) Bod Pod
- D) DXA

Answer: <https://biology-forums.com/index.php?topic=339172>

Question 61

Compared to refined foods, whole foods

- A) are extensively processed.
- B) have more additives.
- C) have higher amounts of fiber.
- D) have longer shelf lives.

Answer: <https://biology-forums.com/index.php?topic=339366>

Question 62

Which of the following statements regarding HSV-2 is true?

- A) HSV-2 is caused by bacteria.
- B) HSV-2 is only contagious when there are visible symptoms of the infection.
- C) HSV-2 can be transmitted to a newborn if the mother is infected.
- D) HSV-2 can be cured with antiviral medication.

Answer: <https://biology-forums.com/index.php?topic=339907>

Question 63

A motor unit consists of

- A) many nerve fibers connected to a single muscle fiber.
- B) a single nerve fiber connected to many muscle fibers.
- C) a muscle body and a tendon.
- D) actin and myosin.

Answer: <https://biology-forums.com/index.php?topic=338927>

Question 64

Physiological damage, reduced immunity, and increased susceptibility to physical or mental illness are characteristic of which stage of general adaptation syndrome?

- A) alarm
- B) resistance
- C) exhaustion
- D) allostatic

Answer: <https://biology-forums.com/index.php?topic=339553>

Question 65

The Daily Reference Value (DRV) for fiber is

- A) 10 grams per day.
- B) 15 grams per day.
- C) 20 grams per day.
- D) 25 grams per day.

Answer: <https://biology-forums.com/index.php?topic=339359>

Question 66

Oxygen derivatives that can cause the body damage are known as

- A) free radicals.
- B) antioxidants.
- C) phytochemicals.
- D) free fatty acids.

Answer: <https://biology-forums.com/index.php?topic=339370>

Question 67

The components of the FITT formula are

- A) frequency, intensity, time, and type.
- B) fitness, intensity, training, and type.
- C) frequency, individuality, time, and training.
- D) fitness, individuality, time, and type.

Answer: <https://biology-forums.com/index.php?topic=338686>

Question 68

What percentage of the trash in America is recycled?

- A) 12
- B) 34
- C) 53
- D) 72

Answer: <https://biology-forums.com/index.php?topic=339992>

Question 69

Modeling is defined as

- A) creating behavioral goals.
- B) learning how to adopt new behaviors by choosing a role model who exhibits those behaviors.

C) a mental practice in which one sees himself succeeding.

D) acknowledging that one has a problem.

Answer: <https://biology-forums.com/index.php?topic=338596>

Question 70

Air entering the body through the nose travels first through the _____ and then through the _____ before entering the lungs.

A) alveoli; upper respiratory tract

B) upper respiratory tract; lower respiratory tract

C) upper respiratory tract; aorta

D) lower respiratory tract; pulmonary artery

Answer: <https://biology-forums.com/index.php?topic=338769>

Question 71

What percentage of Americans consumes alcohol regularly?

A) 12

B) 27

C) 52

D) 78

Answer: <https://biology-forums.com/index.php?topic=339842>

Question 72

Which of the following is the body's most common hormone and is produced and sold as a supplement in a synthetic concentrated form despite lack of definitive proof of its safety or effectiveness?

A) creatine

B) amino acid supplements

C) growth hormone

D) DHEA

Answer: <https://biology-forums.com/index.php?topic=339011>

Question 73

Which factor decreases a person's risk for skin cancer?

A) having fair skin

B) having blue or green eyes

C) having a family history of skin cancer

D) using sunscreen with an SFP of 30

Answer: <https://biology-forums.com/index.php?topic=339799>

Question 74

Katie is experiencing significant soreness in her calves a day after hiking up a mountain. This condition is known as what?

Answer: <https://biology-forums.com/index.php?topic=339025>

Question 75

A condition involving elevated levels of glucose is which of the following?

A) hypoglycemia

B) hyperglycemia

C) hyperlipidemia

D) hypolipidemia

Answer: <https://biology-forums.com/index.php?topic=339732>

Question 76

The prevalence of cardiovascular disease in middle-aged adults is approximately _____.

A) 40%

B) 10%

C) 60%

D) 70%

Answer: <https://biology-forums.com/index.php?topic=339640>

Question 77

Excessive alcohol consumption can increase a woman's risk of _____ cancer.

- A) uterine
- B) ovarian
- C) cervical
- D) breast

Answer: <https://biology-forums.com/index.php?topic=339804>

Question 78

A relaxation technique that teaches you to alter automatic physiological responses is

- A) biofeedback.
- B) hypnosis.
- C) relaxation breathing.
- D) progressive muscle relaxation.

Answer: <https://biology-forums.com/index.php?topic=339624>

Question 79

_____ flexibility is a measure of a joint's overall range of motion.

- A) Static
- B) Dynamic
- C) Active
- D) Movement

Answer: <https://biology-forums.com/index.php?topic=339033>

Question 80

The best method of burning calories is

- A) aerobic exercise involving large muscles.
- B) weight-lifting involving large muscles.
- C) light activities around the home.
- D) lifting small hand weights.

Answer: <https://biology-forums.com/index.php?topic=339498>

Question 81

Which ethnic group has the greatest risk for cardiovascular disease?

- A) Caucasian
- B) African American
- C) Mexican American
- D) Asian American

Answer: <https://biology-forums.com/index.php?topic=339713>

Question 82

Jan went out with friends and had too many drinks last night and now has a hangover. Which symptom is Jan most likely to experience?

- A) numbness in the fingers
- B) an upset stomach
- C) constipation
- D) decreased thirst

Answer: <https://biology-forums.com/index.php?topic=339851>

Question 83

_____ transports calcium from the digestive tract to the bones.

- A) Vitamin A
- B) Vitamin C
- C) Vitamin B12
- D) Vitamin D

Answer: <https://biology-forums.com/index.php?topic=339762>

Question 84

Which of the following occurs as a result of alcohol's effects on the central nervous system?

- A) respiration increases
- B) pulse rate decreases
- C) blood pressure increases
- D) reaction time speeds up

Answer: <https://biology-forums.com/index.php?topic=339850>

Question 85

Therapies that stimulate the body's own immune system to combat cancer cells are known as what?

Answer: <https://biology-forums.com/index.php?topic=339837>

Question 86

The stable, constant internal environment that our body maintains at rest is known as

- A) homeostasis.
- B) systole.
- C) diastole.
- D) metabolism.

Answer: <https://biology-forums.com/index.php?topic=338821>

Question 87

A major cause of mental retardation in the United States is

- A) fetal alcohol syndrome.
- B) smoking.
- C) prescription drug abuse.
- D) methamphetamine use.

Answer: <https://biology-forums.com/index.php?topic=339856>

Question 88

The role of HDL cholesterol is to

- A) increase cholesterol levels.
- B) cause plaque to deposit on arteries.
- C) lower high blood pressure.
- D) remove plaque deposits from artery walls.

Answer: <https://biology-forums.com/index.php?topic=339700>

Question 89

Which of the following increases a person's risk for developing osteoarthritis?

- A) obesity
- B) swimming
- C) adolescence
- D) having a close relative with this condition

Answer: <https://biology-forums.com/index.php?topic=339776>

Question 90

The American Cancer Society estimates that smoking causes approximately _____% of all lung cancer cases.

- A) 30
- B) 50
- C) 70
- D) 90

Answer: <https://biology-forums.com/index.php?topic=339867>

Question 91

A hemorrhagic stroke is defined as

- A) a stroke resulting from a plaque-blocked vessel.
- B) a stroke resulting from a burst blood vessel.
- C) a stroke resulting from exposure to secondhand smoke.
- D) a stroke resulting from an enlarged heart.

Answer: <https://biology-forums.com/index.php?topic=339690>

Question 92

Arterial stenosis is

- A) hardened arteries.
- B) accumulated waxy debris in arteries.
- C) high blood pressure.

D) narrowing of the arteries.

Answer: <https://biology-forums.com/index.php?topic=339659>

Question 93

Cervical cancer is predominantly caused by

- A) human papillomavirus (HPV).
- B) human immunodeficiency virus (HIV).
- C) hepatitis C.
- D) estrogen exposure.

Answer: <https://biology-forums.com/index.php?topic=339822>

Question 94

Which of the following can trigger an asthma attack?

- A) elevated blood sugar level
- B) destruction of alveoli
- C) diminished bone mass
- D) strenuous exercise

Answer: <https://biology-forums.com/index.php?topic=339745>

Question 95

When developing a training program for cardiorespiratory fitness, your intensity of exercise should be determined by

- A) the number of days you work out.
- B) the amount of time you spend exercising.
- C) your target heart rate.
- D) the type of exercise you are doing.

Answer: <https://biology-forums.com/index.php?topic=338863>

Question 96

A primary source of stress is which of the following?

- A) change
- B) high self-efficacy
- C) psychological hardiness
- D) consistent goals and behaviors

Answer: <https://biology-forums.com/index.php?topic=339572>

Question 97

Psychologically hardy people are characterized by

- A) personal control.
- B) competitiveness.
- C) fear of challenges.
- D) lack of commitment.

Answer: <https://biology-forums.com/index.php?topic=339591>

Question 98

A subjective assessment of exercise intensity is

- A) perceived exertion.
- B) maximal heart rate.
- C) maximal oxygen consumption.
- D) stroke volume.

Answer: <https://biology-forums.com/index.php?topic=338867>

Question 99

When you begin exercising

- A) cardiac output increases.
- B) blood vessels leading to active muscles constrict.
- C) systolic pressure decreases.
- D) capillaries close.

Answer: <https://biology-forums.com/index.php?topic=338823>

Question 100

The five health-related components of physical fitness are

- A) cardiorespiratory endurance, muscular strength, agility, balance, flexibility.
- B) muscular endurance, muscular strength, flexibility, coordination, body composition.
- C) cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition.
- D) cardiorespiratory endurance, muscular strength, muscular endurance, agility, flexibility.

Answer: <https://biology-forums.com/index.php?topic=338625>

Question 101

Sarah told her doctor that she prefers to be prescribed generic (as opposed to name brand) medications when available. The primary reason for this is because

- A) generic medicines cost less.
- B) generic medicines have fewer side effects.
- C) generic medicines have higher concentrations of active ingredients.
- D) generic medicines are more readily available.

Answer: <https://biology-forums.com/index.php?topic=339973>

Question 102

Prostate cancer is most common for males in which of the following age groups?

- A) under 18
- B) over 50
- C) 35-50
- D) 18-34

Answer: <https://biology-forums.com/index.php?topic=339809>

Question 103

The ability of your muscles to contract repeatedly over time is known as

- A) muscular strength.
- B) muscular endurance.
- C) power.
- D) reaction time.

Answer: <https://biology-forums.com/index.php?topic=338629>

Question 104

The HPV vaccine works to

- A) prevent cervical cancer.
- B) prevent the formation of genital warts.
- C) prevent herpes infections in males.
- D) prevent ovarian cancer.

Answer: <https://biology-forums.com/index.php?topic=339918>

Question 105

By 2015, the World Health Organization expects the number of obese individuals worldwide to

- A) stay about the same.
- B) double.
- C) triple.
- D) decline slightly.

Answer: <https://biology-forums.com/index.php?topic=339406>

Question 106

Lifestyle choices that preserve and protect the planet's resources are known as

- A) sustainable choices.
- B) alternative choices.
- C) consumerism.
- D) reduced environmental consumption.

Answer: <https://biology-forums.com/index.php?topic=339983>

Question 107

The acronym FITT stands for

- A) fitness, inertia, training, and toning.
- B) fast, isolated, trunk, and triceps.
- C) frequency, intensity, time, and type.
- D) free weights, isolated exercises, traditional, training.

Answer: <https://biology-forums.com/index.php?topic=338977>

Question 108

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 109

A series of bones that connect the upper body and lower body skeleton is called

- A) intervertebral disks.
- B) spinal column.
- C) thoracic spine.
- D) femur.

Answer: <https://biology-forums.com/index.php?topic=339118>

Question 110

Muscular strength is defined as

- A) the ability to contract a muscle repeatedly over an extended period of time.
- B) the ability of a muscle to contract with maximal force.
- C) the ability of the musculoskeletal system to perform daily activities without undue fatigue.
- D) the ability to move the limbs through their full range of motion.

Answer: <https://biology-forums.com/index.php?topic=338901>

Question 111

A tranquilizer sometimes known as the "date rape" drug is called

- A) ecstasy.
- B) Rohypnol.
- C) special K.
- D) methamphetamine.

Answer: <https://biology-forums.com/index.php?topic=339881>

Question 112

A primary purpose of the general cool-down is to slowly return _____ back to resting levels.

- A) breathing rate
- B) muscle elasticity
- C) free fatty acids
- D) blood sugar level

Answer: <https://biology-forums.com/index.php?topic=338700>

Question 113

A person with gynoid pattern obesity would most likely carry excess body fat in which area?

- A) arms
- B) abdomen
- C) face
- D) hips

Answer: <https://biology-forums.com/index.php?topic=339192>

Question 114

When a doctor taps your patellar tendon, your leg kicks out as a result of

- A) a reflex contraction of the hamstrings.
- B) a reflex extension of the calve muscles.
- C) a reflex extension of the deltoid muscles.

D) a reflex contraction of the quadriceps muscle.

Answer: <https://biology-forums.com/index.php?topic=339059>

Question 115

Training that alternates periods of high-intensity exercise with periods of lower intensity exercise or rest is known as

- A) cross-training.
- B) interval training.
- C) circuit training.
- D) pyramid training.

Answer: <https://biology-forums.com/index.php?topic=338859>

Question 116

Submaximal tests are typically used to assess fitness because

- A) they are safer than maximal tests.
- B) they require more expertise than maximal tests.
- C) they must be performed in a laboratory setting.
- D) they are more accurate than maximal tests.

Answer: <https://biology-forums.com/index.php?topic=338851>

Question 117

The lower chambers of the heart are called

- A) atria.
- B) capillaries.
- C) ventricles.
- D) aortas.

Answer: <https://biology-forums.com/index.php?topic=338782>

Question 118

A woman is at greatest risk for osteoporosis when she is

- A) pre-pubescent.
- B) post-menopausal.
- C) peri-menopausal.
- D) pre-menopausal.

Answer: <https://biology-forums.com/index.php?topic=339760>

Question 119

The region of the brain that releases hormones that first trigger the stress response is called the

- A) cerebellum.
- B) hypothalamus.
- C) temporal lobe.
- D) medulla oblongata.

Answer: <https://biology-forums.com/index.php?topic=339536>

Question 120

Which of the following is an action you can take to develop better mental skills for stress management?

- A) worrying constructively
- B) perceiving life as unchangeable
- C) accepting that there is only one appropriate action
- D) taking action quickly

Answer: <https://biology-forums.com/index.php?topic=339608>

Question 121

Which of the following is an autoimmune disease involving insulin production?

- A) type 1 diabetes
- B) rheumatoid arthritis
- C) type 2 diabetes
- D) AIDS

Answer: <https://biology-forums.com/index.php?topic=339727>

Question 122

Sarah recently had a bone scan and the doctor determined that she had lost a considerable amount of bone mineral content over the last five years. What disease condition is associated with this change in bone?

- A) type 2 diabetes
- B) osteoporosis
- C) anemia
- D) lupus

Answer: <https://biology-forums.com/index.php?topic=339955>

Question 123

Underweight associated with poor nutrition can result in a higher incidence of

- A) diabetes.
- B) leukemia.
- C) muscle wasting.
- D) metabolic syndrome.

Answer: <https://biology-forums.com/index.php?topic=339450>

Question 124

Being significantly underweight can be related to

- A) an unusually slow metabolism.
- B) too little exercise.
- C) overconsumption of food.
- D) smoking.

Answer: <https://biology-forums.com/index.php?topic=339438>

Question 125

The greatest preventable risk factor for cardiovascular disease is

- A) poor diet.
- B) moderate alcohol intake.
- C) physical inactivity.
- D) smoking.

Answer: <https://biology-forums.com/index.php?topic=339698>

Question 126

Sue derives satisfaction and self-esteem from her job, so she is experiencing a high level of _____ wellness.

- A) emotional
- B) physical
- C) social
- D) intellectual

Answer: <https://biology-forums.com/index.php?topic=338523>

Question 127

John is 22 years old. Although he is physically active, on the sit-and-reach-test he performs poorly. John's lack of flexibility is most likely due to

- A) gender.
- B) genetics.
- C) age.
- D) activity level.

Answer: <https://biology-forums.com/index.php?topic=339067>

Question 128

Lean body tissue consists of

- A) fat, blood, and lymph nodes.
- B) muscle, bone, and fat.
- C) skin, fat, and fluids.
- D) muscle, bone, and fluids.

Answer: <https://biology-forums.com/index.php?topic=338633>

Question 129

Blood glucose levels in a type 1 diabetic can be affected by

- A) the release of insulin from the pancreas.
- B) exposure to pollen.
- C) dust mites.
- D) stress levels.

Answer: <https://biology-forums.com/index.php?topic=339730>

Question 130

Substances capable of creating auditory or visual distortions and heightened states are known as

- A) hallucinogens.
- B) stimulants.
- C) depressants.
- D) anesthetics.

Answer: <https://biology-forums.com/index.php?topic=339889>

Question 131

Which of the following is a macromineral?

- A) potassium
- B) iron
- C) zinc
- D) iodine

Answer: <https://biology-forums.com/index.php?topic=339333>

Question 132

Which of the following countries has the highest incidence of deaths attributed to cardiovascular disease?

- A) Russia
- B) United States
- C) Japan
- D) Switzerland

Answer: <https://biology-forums.com/index.php?topic=339648>

Question 133

A drug that causes similar lung damage to that of tobacco smoking is

- A) marijuana.
- B) ecstasy.
- C) GHB.
- D) opiates.

Answer: <https://biology-forums.com/index.php?topic=339879>

Question 134

Pressure applied to the walls of the arteries during the heart's relaxation phase is known as

- A) diastolic pressure.
- B) systolic pressure.
- C) blood pressure.
- D) arterial pressure.

Answer: <https://biology-forums.com/index.php?topic=339673>

Question 135

_____ is defined as the relative amounts of lean and fat tissue in the human body.

- A) Body composition
- B) Obesity
- C) Lean body mass
- D) Body weight

Answer: <https://biology-forums.com/index.php?topic=339150>

Question 136

Other than obesity, life expectancy is lowest in which weight category?

Answer: <https://biology-forums.com/index.php?topic=339512>

Question 137

The most common classification of cancerous tumors is

- A) sarcomas.
- B) lymphomas.
- C) carcinomas.
- D) leukemia.

Answer: <https://biology-forums.com/index.php?topic=339785>

Question 138

Relative risk is a measure of a person's probability of developing cancer

- A) after engaging in a known risk behavior over a lifetime.
- B) at some point during a person's lifetime.
- C) while engaging in a known risk behavior.
- D) regardless of lifestyle habits.

Answer: <https://biology-forums.com/index.php?topic=339816>

Question 139

Epinephrine and norepinephrine secreted during the stress response target cells within the

- A) body fat.
- B) heart.
- C) liver.
- D) adrenal glands

Answer: <https://biology-forums.com/index.php?topic=339541>

Question 140

Addiction is defined as

- A) persistent, compulsive dependence on a behavior or substance.
- B) engaging in behaviors that give a sense of pleasure.
- C) involvement in activities to fit in.
- D) the inability to perceive that a behavior is self-destructive.

Answer: <https://biology-forums.com/index.php?topic=339838>

Question 141

Which of the following is considered a skill-related component of physical fitness?

- A) power
- B) flexibility
- C) body composition
- D) muscular endurance

Answer: <https://biology-forums.com/index.php?topic=338646>

Question 142

People living in crowded urban environments tend to experience the greatest stress from

- A) family relationships.
- B) limited entertainment options.
- C) the high cost of living.
- D) the effects of weather and climate changes.

Answer: <https://biology-forums.com/index.php?topic=339579>

Question 143

Water is used in the body to

- A) facilitate transport of substances.
- B) provide energy.
- C) develop and maintain bones.
- D) facilitate the absorption of calcium.

Answer: <https://biology-forums.com/index.php?topic=339357>

Question 144

A disease that involves the loss of bone density is known as what?

Answer: <https://biology-forums.com/index.php?topic=339015>

Question 145

The heart works harder to transport blood in people who

- A) are overweight.
- B) are normal weight.
- C) are underweight.
- D) store more fat on their hips.

Answer: <https://biology-forums.com/index.php?topic=339704>

Question 146

Which of the following is the best specific, time-oriented goal for exercise?

- A) I'll increase my running time over the next month.
- B) I'll lose 5 lbs by next month.
- C) I'll become healthier.
- D) I'll run 3 miles in 30 minutes by mid-July.

Answer: <https://biology-forums.com/index.php?topic=338599>

Question 147

Which of the following statements is true regarding gestational diabetes?

- A) In gestational diabetes the mother passes diabetes to her newborn.
- B) Gestational diabetes increases the mother's risk of developing type 1 diabetes in the future.
- C) After the mother gives birth, her glucose usually returns to normal levels.
- D) Gestational diabetes is a form of juvenile onset diabetes.

Answer: <https://biology-forums.com/index.php?topic=339736>

Question 148

The relationship between the mind's response to stress and the immune system's ability to function is collectively known as

- A) allostasis.
- B) psychoneuroimmunology.
- C) immunosuppression.
- D) neuroimmune response.

Answer: <https://biology-forums.com/index.php?topic=339564>

Question 149

The American College of Sports Medicine (ACSM) recommends a target heart rate range between _____ and _____ percent of HRmax.

- A) 35; 64
- B) 45; 74
- C) 55; 84
- D) 64; 95

Answer: <https://biology-forums.com/index.php?topic=338865>

Question 150

The final stage of syphilis is

- A) late-stage.
- B) secondary syphilis.
- C) T. pallidum.
- D) latent syphilis.

Answer: <https://biology-forums.com/index.php?topic=339902>

Question 151

Stress can increase the risk of cancer primarily by

- A) causing people to smoke.
- B) increasing levels of estrogen.
- C) weakening immunity.
- D) increasing stress hormones.

Answer: <https://biology-forums.com/index.php?topic=339820>

Question 152

Women need _____% essential fat for reproductive system-related fat deposits.

- A) 3
- B) 18
- C) 12
- D) 6

Answer: <https://biology-forums.com/index.php?topic=339148>

Question 153

Problems associated with long-term use of alcohol include

- A) shrinkage in brain size and weight.
- B) decreased cardiac output.
- C) low blood pressure.
- D) lean liver.

Answer: <https://biology-forums.com/index.php?topic=339852>

Question 154

The long-term wear and tear on the body caused by the body's prolonged attempt to maintain equilibrium is known as

- A) allostatic load.
- B) allostasis.
- C) homeostatic balance.
- D) general adaptation syndrome.

Answer: <https://biology-forums.com/index.php?topic=339560>

Question 155

Which of the following contributing factors to premature death is outside of a person's control?

- A) smoking
- B) poor dietary intake
- C) genetic disability
- D) physical inactivity

Answer: <https://biology-forums.com/index.php?topic=338535>

Question 156

Which of the following activities would burn the highest amount of calories per minute?

- A) swimming
- B) stretching
- C) playing recreational tennis
- D) jogging at a moderate pace

Answer: <https://biology-forums.com/index.php?topic=339500>

Question 157

A prejudice against overweight and obese people is known as

- A) body dysmorphic disorder.
- B) metabolic syndrome.
- C) weight cycling.
- D) weight stigma.

Answer: <https://biology-forums.com/index.php?topic=339440>

Question 158

Various medical and health care systems, practices, and products that are not considered part of conventional medicine are called

- A) supplements.
- B) complementary and alternative medicine.
- C) traditional western medicine.
- D) self-care.

Answer: <https://biology-forums.com/index.php?topic=339974>

Question 159

A muscle contraction with constant speed is

- A) isotonic.
- B) isokinetic.
- C) isometric.

D) eccentric.

Answer: <https://biology-forums.com/index.php?topic=338933>

Question 160

Which of the following should you do to maintain lifelong fitness and wellness?

- A) periodically reassess your fitness and wellness
- B) avoid setting future goals
- C) analyze wellness issues only when symptoms appear
- D) maintain the same fitness program over the course of your life

Answer: <https://biology-forums.com/index.php?topic=339996>

Question 161

The World Health Organization recommends balance training in seniors to reduce the risk of _____.

- A) falls
- B) diabetes
- C) heart disease
- D) Alzheimer's disease

Answer: <https://biology-forums.com/index.php?topic=338718>

Question 162

As individuals, we can live in an environmentally conscious way by

- A) keeping our cars well tuned.
- B) taking longer showers.
- C) increasing use of heat and air conditioning.
- D) avoiding use of recycled paper

Answer: <https://biology-forums.com/index.php?topic=339993>

Question 163

People with android fat distribution carry more fat around their

- A) hips.
- B) stomach.
- C) arms.
- D) thighs.

Answer: <https://biology-forums.com/index.php?topic=339189>

Question 164

The daily protein requirement for an elite athlete is approximately

- A) 0.05 grams per kilogram of body weight.
- B) 0.8 grams per kilogram of body weight.
- C) 1.5 grams per kilogram of body weight.
- D) 2.2 grams per kilogram of body weight.

Answer: <https://biology-forums.com/index.php?topic=339277>

Question 165

You are more likely to remain healthy throughout your life if

- A) you maintain a BMI of 18.
- B) your body fat tends to be stored at the waist.
- C) you increase your waist size slightly as you age.
- D) your body's fat deposits tend to occur around the hips and thighs.

Answer: <https://biology-forums.com/index.php?topic=339436>

Question 166

A group of obesity-related risk factors associated with heart disease and diabetes is known as

- A) homeostasis.
- B) sedentary risk.
- C) hereditary chronic disease risk.
- D) metabolic syndrome.

Answer: <https://biology-forums.com/index.php?topic=338833>

Question 167

Your Uncle Jim quit smoking 3 months ago, but today, in a moment of weakness, accepted and smoked a cigarette offered to him by a friend. Which stage of behavior change is he in?

- A) relapse
- B) termination
- C) maintenance
- D) contemplation

Answer: <https://biology-forums.com/index.php?topic=338575>

Question 168

Which of the following training techniques is most likely to lead to muscle strains?

- A) concentric contractions
- B) isotonic contractions
- C) eccentric contractions
- D) isokinetic contractions

Answer: <https://biology-forums.com/index.php?topic=339001>

Question 169

The most frequently eaten vegetables in America are

- A) iceberg lettuce and potatoes.
- B) peas and corn.
- C) potatoes and spinach.
- D) tomatoes and green beans.

Answer: <https://biology-forums.com/index.php?topic=339250>

Question 170

Weight loss regimens that specify strict rules on caloric consumption, types of foods, and eating patterns are known as

- A) binge diets.
- B) rigid diets.
- C) fad diets.
- D) flexible diets.

Answer: <https://biology-forums.com/index.php?topic=339460>

Question 171

If you take either prescription or over-the-counter medications, before exercising you should

- A) take only half the recommended dosage.
- B) ask a physician about potential side effects.
- C) avoid taking the medicine.
- D) check the internet to see if other people take it before exercise.

Answer: <https://biology-forums.com/index.php?topic=338723>

Question 172

Which of the following would be considered indoor cardio workout equipment?

- A) elliptical machine
- B) barbell and free weights
- C) weight machines
- D) inline skates

Answer: <https://biology-forums.com/index.php?topic=338857>

Question 173

Which of the following is true of quitting smoking?

- A) Smoker's breath disappears within 1 week of quitting.
- B) Tissues damaged by smoking can never repair themselves.
- C) Mucus that clogs airways is broken up and eliminated within 24 hours of quitting.
- D) Many ex-smokers say they have more energy, sleep better, and feel more alert.

Answer: <https://biology-forums.com/index.php?topic=339875>

Question 174

The duration of the exercise is known as

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

Answer: <https://biology-forums.com/index.php?topic=338690>

Question 175

A byproduct of breaking down glucose for energy that may cause burning in the muscle is

- A) homeostasis.
- B) lactic acid.
- C) creatine phosphate.
- D) adenosine triphosphate.

Answer: <https://biology-forums.com/index.php?topic=338811>

Question 176

What percentage of college students in 2009 reported not having health insurance?

- A) 10
- B) 20
- C) 30
- D) 40

Answer: <https://biology-forums.com/index.php?topic=339981>

Question 177

A group of muscle cells arranged in a bundle is called a

- A) fiber.
- B) fascicle.
- C) myofibril.
- D) muscle body.

Answer: <https://biology-forums.com/index.php?topic=338915>

Question 178

Which mineral is associated with wound healing?

- A) calcium
- B) sodium
- C) iron
- D) zinc

Answer: <https://biology-forums.com/index.php?topic=339342>

Question 179

A signal of fullness from the body is known as

- A) satiety
- B) set point
- C) positive caloric balance
- D) metabolism

Answer: <https://biology-forums.com/index.php?topic=339424>

Question 180

Which mineral helps regulate metabolism?

- A) calcium
- B) iodine
- C) iron
- D) zinc

Answer: <https://biology-forums.com/index.php?topic=339351>

Question 181

Blood is pumped out of the heart to the brain and body via the

- A) atria.
- B) pulmonary artery.
- C) aorta.

D) bronchioles.

Answer: <https://biology-forums.com/index.php?topic=338787>

Question 182

Which drug is a hallucinogenic designer drug that has become popular again on college campuses and is taken to improve mood or get energized?

- A) ecstasy
- B) methamphetamine
- C) morphine
- D) GHB

Answer: <https://biology-forums.com/index.php?topic=339884>

Question 183

Which STI can cause blindness, nervous system damage, paralysis, and dementia?

- A) AIDS
- B) syphilis
- C) HPV
- D) herpes

Answer: <https://biology-forums.com/index.php?topic=339915>

Question 184

The human heart consists of _____ chambers.

- A) 2
- B) 3
- C) 4
- D) 5

Answer: <https://biology-forums.com/index.php?topic=338777>

Question 185

Overconsumption of food is often encouraged by

- A) restaurant portion sizes.
- B) awareness of feelings of satiety.
- C) lack of access to food.
- D) high cost of food.

Answer: <https://biology-forums.com/index.php?topic=339408>

Question 186

Which of the following statements is true of the incidence of obesity in the United States?

- A) It is steadily decreasing.
- B) It is staying the same.
- C) It is steadily increasing.
- D) It is negligible.

Answer: <https://biology-forums.com/index.php?topic=338559>

Question 187

Heavy episodic (binge) drinking is defined as _____ or more drinks in a row for men or _____ or more drinks in a row for women.

- A) 3; 2
- B) 4; 3
- C) 5; 4
- D) 6; 5

Answer: <https://biology-forums.com/index.php?topic=339843>

Question 188

Which type of carbohydrates reduce your cells' sensitivity to insulin?

- A) complex
- B) soluble fiber
- C) refined
- D) insoluble fiber

Answer: <https://biology-forums.com/index.php?topic=339738>

Question 189

The average life expectancy at birth for males is which of the following?

- A) 65 years
- B) 99 years
- C) 83 years
- D) 76 years

Answer: <https://biology-forums.com/index.php?topic=338539>

Question 190

During primary infection, HIV multiplies rapidly, invades the bloodstream, and destroys immune cells called what?

Answer: <https://biology-forums.com/index.php?topic=339946>

Question 191

The upper respiratory passages

- A) warm, humidify, and filter the air.
- B) cool, humidify, and filter the air.
- C) cool, dry, and filter the air.
- D) warm, dry, and filter the air.

Answer: <https://biology-forums.com/index.php?topic=338765>

Question 192

A lifestyle factor that influences weight includes

- A) extensive advertising of food.
- B) awareness of satiety signals.
- C) metabolic rate.
- D) exercise.

Answer: <https://biology-forums.com/index.php?topic=339426>

Question 193

When assessing muscular strength, a 1 RM test

- A) measures the maximum amount of weight that can be lifted one time.
- B) measures the maximum number of repetitions that can be performed in one set.
- C) can be performed by one person without assistance.
- D) is suitable for students new to resistance training.

Answer: <https://biology-forums.com/index.php?topic=338955>

Question 194

If detected early, chlamydia is treatable with

- A) antibiotics.
- B) cryosurgery.
- C) protease inhibitors.
- D) reverse transcriptase inhibitors.

Answer: <https://biology-forums.com/index.php?topic=339897>

Question 195

The condition in which the body's internal temperature drops so low that it can no longer warm itself back up is what?

Answer: <https://biology-forums.com/index.php?topic=338893>

Question 196

The carbon monoxide in tobacco smoke is _____ times higher than the level considered to be safe by the Environmental Protection Agency.

- A) 200
- B) 400
- C) 600
- D) 800

Answer: <https://biology-forums.com/index.php?topic=339862>

Question 197

An irregular heartbeat is known as

- A) arterial stenosis.
- B) myocardial infarction.
- C) arrhythmia.
- D) angina pectoris.

Answer: <https://biology-forums.com/index.php?topic=339687>

Question 198

College students typically come to school with preexisting preferences based on insufficient nutritional knowledge. A common example of these preferences would include

- A) eating regular meals.
- B) high protein foods.
- C) limiting junk food.
- D) high vegetable consumption.

Answer: <https://biology-forums.com/index.php?topic=339255>

Question 199

Which tissue is damaged by sustained high blood glucose levels?

- A) bone
- B) muscle
- C) nerve
- D) skin

Answer: <https://biology-forums.com/index.php?topic=339757>

Question 200

John is a healthy 20-year-old college student. He weighs 160 lbs and jogs at a moderate pace 3 days per week for 20 minutes. Based on this information, approximately how many grams of protein does he need daily?

- A) 60 grams
- B) 75 grams
- C) 90 grams
- D) over 100 grams

Answer: <https://biology-forums.com/index.php?topic=339278>

Question 201

The oncogenes BRCA1 and BRCA2 are associated with increased risks for _____ cancer.

- A) lung
- B) skin
- C) ovarian
- D) breast

Answer: <https://biology-forums.com/index.php?topic=339803>

Question 202

William is just beginning to lift free weights by himself in his basement. He has a bench press, bar, free weights, and safety collars for the ends of the weight bars. He also knows all proper techniques and training principles. What major safety feature is he missing?

Answer: <https://biology-forums.com/index.php?topic=339019>

Question 203

Which of the following are considered core muscles?

- A) neck muscles
- B) arm muscles.
- C) lower leg muscles.
- D) abdominal muscles.

Answer: <https://biology-forums.com/index.php?topic=339123>

Question 204

Weight loss regimens that focus on portion size and make allowance for variations in daily routine, appetite, and food availability are known as

- A) binge diets.
- B) rigid diets.
- C) fad diets.
- D) flexible diets.

Answer: <https://biology-forums.com/index.php?topic=339462>

Question 205

- A person with an internal locus of control
- A) is motivated only when encouraged by someone else.
 - B) has a high level of self-efficacy.
 - C) attributes relapse to environmental conditions.
 - D) is less successful in achieving a behavioral goal.

Answer: <https://biology-forums.com/index.php?topic=338589>

Question 206

Approximately _____% of people with diabetes die from some form of cardiovascular disease.

- A) 50
- B) 40
- C) 65
- D) 80

Answer: <https://biology-forums.com/index.php?topic=339706>

Question 207

Which of the following represents the number one cause of preventable death among undergraduates in the United States?

- A) intentional injuries
- B) car accidents
- C) smoking
- D) alcohol

Answer: <https://biology-forums.com/index.php?topic=339845>

Question 208

Training that alternates exercise modes within a given program is

- A) interval training.
- B) circuit training.
- C) cross-training.
- D) aerobic training.

Answer: <https://biology-forums.com/index.php?topic=338869>

Question 209

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>

Question 210

Which of the following joint symptoms can be used to distinguish rheumatoid arthritis from osteoarthritis?

- A) warmth to the touch
- B) pain
- C) stiffness
- D) swelling

Answer: <https://biology-forums.com/index.php?topic=339775>

Question 211

Golf, tennis, and soccer are all examples of

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

Answer: <https://biology-forums.com/index.php?topic=338743>

Question 212

Proteins from plant sources

- A) are usually complete proteins.
- B) can be combined to obtain complementary proteins.
- C) are considered high-quality proteins.
- D) provide no nutritional value.

Answer: <https://biology-forums.com/index.php?topic=339275>

Question 213

The ability to perform work or contract muscles with high force quickly defines

- A) endurance.
- B) speed.
- C) power.
- D) strength.

Answer: <https://biology-forums.com/index.php?topic=338635>

Question 214

The _____ phase of a cardiorespiratory program is a period of adjustment to your weekly routine that lasts from 2 to 4 weeks.

- A) start-up
- B) preparation
- C) improvement
- D) maintenance

Answer: <https://biology-forums.com/index.php?topic=338873>

Question 215

The number-one killer in terms of diseases is

- A) cardiovascular disease
- B) cancer
- C) AIDS
- D) malaria

Answer: <https://biology-forums.com/index.php?topic=338835>

Question 216

A potential warning sign of cancer includes

- A) increased hunger or thirst.
- B) change in bladder or bowel habits.
- C) pain in the center of the chest.
- D) numbness on one side of the body.

Answer: <https://biology-forums.com/index.php?topic=339817>

Question 217

The majority of heart attacks occur in which age group?

- A) over 65
- B) 45-65
- C) 40-55
- D) 25-40

Answer: <https://biology-forums.com/index.php?topic=339711>

Question 218

Which of the following is an example of prevention?

- A) a cast put on a broken arm
- B) a cavity filled in a tooth
- C) a radiation treatment for cancer
- D) a vaccination

Answer: <https://biology-forums.com/index.php?topic=338580>

Question 219

Osteoporosis can cause which of the following?

- A) wheezing
- B) increased risk for fractures
- C) increased body fat
- D) inflammation of the joints

Answer: <https://biology-forums.com/index.php?topic=339756>

Question 220

Which of the following would be a likely source of eustress?

- A) making a bad grade
- B) dissatisfaction with your job
- C) entering college
- D) being diagnosed with a serious illness

Answer: <https://biology-forums.com/index.php?topic=339532>

Question 221

Physical activities that can best relieve feelings of stress and tension

- A) are competitive.
- B) involve risk.
- C) require high skill levels.
- D) are fun.

Answer: <https://biology-forums.com/index.php?topic=339593>

Question 222

Hydrostatic weighing is a body composition technique that utilizes

- A) water displacement.
- B) circumference measurements.
- C) BMI.
- D) air displacement.

Answer: <https://biology-forums.com/index.php?topic=339210>

Question 223

Anemia results in

- A) high blood sugar levels.
- B) liver damage.
- C) goiter.
- D) low blood oxygen levels.

Answer: <https://biology-forums.com/index.php?topic=339352>

Question 224

Regular resistance training

- A) protects the body from injuries.
- B) increases blood pressure.
- C) decreases bone density.
- D) increases the risk of fracture.

Answer: <https://biology-forums.com/index.php?topic=338951>

Question 225

The most common bacterial STI in the United States is

- A) gonorrhea.
- B) trichomoniasis.
- C) chlamydia.
- D) pubic lice.

Answer: <https://biology-forums.com/index.php?topic=339899>

Question 226

Benefits of regular stretching include

- A) improved agility.
- B) improved endurance.
- C) improved balance.
- D) improved muscle strength.

Answer: <https://biology-forums.com/index.php?topic=339037>

Question 227

Muscular endurance is defined as

- A) the ability to contract a muscle repeatedly over an extended period of time.
- B) the ability of a muscle to contract with maximal force.
- C) the ability of the musculoskeletal system to perform daily activities without undue fatigue.
- D) the ability to move the limbs through their full range of motion.

Answer: <https://biology-forums.com/index.php?topic=338903>

Question 228

Which of the following is a purpose of the exercise warm-up?

- A) decrease blood flow
- B) decrease body temperature
- C) increase muscle elasticity
- D) increase lean mass

Answer: <https://biology-forums.com/index.php?topic=338698>

Question 229

Which stressor is unique to international students?

- A) overload and burnout from studying.
- B) language barrier.
- C) conflict with a roommate.
- D) expectations of parents.

Answer: <https://biology-forums.com/index.php?topic=339574>

Question 230

A condition in which the liver cells are damaged and scarring occurs is which of the following?

- A) cirrhosis
- B) alcoholic hepatitis
- C) osteoporosis
- D) fatty liver

Answer: <https://biology-forums.com/index.php?topic=339854>

Question 231

Muscle injury can occur from quick, bouncy movements because

- A) the muscle is lengthening too slowly.
- B) the stretch reflex is creating tension while the muscle is lengthening.
- C) the nervous system tends to adapt quickly.
- D) muscles were not designed for such movement

Answer: <https://biology-forums.com/index.php?topic=339105>

Question 232

Resumption of behavior that one is attempting to cease is known as

- A) withdrawal.
- B) relapse.
- C) addiction.
- D) drug abuse.

Answer: <https://biology-forums.com/index.php?topic=339887>

Question 233

The outer layer of the joint capsule

- A) lubricates the joint.
- B) provides reinforcing structure.
- C) cushions the ends of bones.
- D) connects bone to bone.

Answer: <https://biology-forums.com/index.php?topic=339051>

Question 234

People with low vitamin intakes tend to not eat enough

- A) fruits.
- B) meats.
- C) dairy.

D) trans fats.

Answer: <https://biology-forums.com/index.php?topic=339328>

Question 235

The wave of blood that can be felt moving through the arteries when the heart contracts is the

- A) heart rate reserve.
- B) pulse.
- C) maximal heart rate.
- D) stroke volume.

Answer: <https://biology-forums.com/index.php?topic=338839>

Question 236

Which of the following may occur as the result of cardiorespiratory training?

- A) improved oxygen delivery to muscles
- B) less efficient transfer and use of oxygen by muscles
- C) decrease in glycogen stores within muscle
- D) decrease in the number of mitochondria within muscle

Answer: <https://biology-forums.com/index.php?topic=338825>

Question 237

Physical inactivity contributes to which of the following health conditions?

- A) heart disease.
- B) HIV.
- C) kidney disease.
- D) anorexia.

Answer: <https://biology-forums.com/index.php?topic=338547>

Question 238

What percentage of municipal solid waste is buried in landfills, dumped at sea, or shipped to landfills in developing countries?

- A) three fourths
- B) one fourth
- C) one half
- D) two thirds

Answer: <https://biology-forums.com/index.php?topic=339987>

Question 239

The biggest variable related to caloric needs is

- A) body size.
- B) energy intake.
- C) calories burned during digestion.
- D) age.

Answer: <https://biology-forums.com/index.php?topic=339362>

Question 240

Which of the following athletes is most likely to have the greatest percentage of fast-twitch muscle fibers?

- A) road cyclist
- B) marathoner
- C) weight lifter
- D) soccer player

Answer: <https://biology-forums.com/index.php?topic=338925>

Question 241

Researchers at the Mayo Clinic found that lean people burn between 279 and 477 more calories daily than obese individuals do as a result of

- A) non-exercise activity.
- B) structured exercise.
- C) recreational activities.
- D) sleeping less.

Answer: <https://biology-forums.com/index.php?topic=339422>

Question 242

What would be the predicted maximum heart rate for a 40-year-old man?

Answer: <https://biology-forums.com/index.php?topic=338891>

Question 243

Patella-femoral pain syndrome is also known as

- A) runner's knee.
- B) sprain.
- C) shin splints.
- D) plantar fasciitis.

Answer: <https://biology-forums.com/index.php?topic=338883>

Question 244

_____ is the leading cause of disability in the United States.

- A) Arthritis
- B) Osteoporosis
- C) Diabetes
- D) COPD

Answer: <https://biology-forums.com/index.php?topic=339759>

Question 245

An infection of the female reproductive tract that can result from an untreated sexually transmitted infection is known as what?

Answer: <https://biology-forums.com/index.php?topic=339942>

Question 246

Which of the following is true of hypertension?

- A) Hypertension is rare among college students.
- B) Depression and high alcohol consumption increase the risk for hypertension.
- C) Increased sodium consumption decreases the risk of hypertension.
- D) Prevalence of hypertension among people from 20 to 44 years of age is decreasing.

Answer: <https://biology-forums.com/index.php?topic=339679>

Question 247

A lifelong balancing of calories consumed and calories expended through exercise and activity to control body fat and weight is known as what?

Answer: <https://biology-forums.com/index.php?topic=339508>

Question 248

Untreated _____ can lead to PID (pelvic inflammatory disease).

- A) chlamydia
- B) genital warts
- C) HIV
- D) syphilis

Answer: <https://biology-forums.com/index.php?topic=339900>

Question 249

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 250

Muscles that are often weak in individuals who are sedentary or overweight are known as

- A) trunk flexor muscles.
- B) trunk extensor muscles.
- C) hip flexor muscles.
- D) hip extensor muscles.

Answer: <https://biology-forums.com/index.php?topic=339132>

Question 251

_____ is defined as the body's total amount of fat-free tissue.

- A) Body composition
- B) Obesity
- C) Lean body mass
- D) Body weight

Answer: <https://biology-forums.com/index.php?topic=339152>

Question 252

Uterine cancer usually occurs in the

- A) cervix.
- B) fallopian tubes.
- C) endometrium.
- D) ovaries.

Answer: <https://biology-forums.com/index.php?topic=339808>

Question 253

The self-esteem and body composition disorder in which men who are of normal weight and even unusually muscular think that they are "puny" is which of the following?

- A) athlete triad
- B) muscle dysmorphia
- C) android obesity pattern
- D) gynoid obesity pattern

Answer: <https://biology-forums.com/index.php?topic=339234>

Question 254

A factor that lowers the risk for colon cancer and rectal cancer is

- A) a diet high in fiber.
- B) a family history of polyps.
- C) colitis.
- D) obesity.

Answer: <https://biology-forums.com/index.php?topic=339812>

Question 255

Atherosclerosis that occurs in the extremities is called

- A) cardiovascular disease.
- B) peripheral artery disease.
- C) extremity artery disease.
- D) LDL.

Answer: <https://biology-forums.com/index.php?topic=339680>

Question 256

Which method of body composition assessment calculates body volume from the air displaced by an individual sitting inside a small chamber?

- A) bod pod
- B) hydrostatic weighing
- C) skinfold
- D) DXA

Answer: <https://biology-forums.com/index.php?topic=339212>

Question 257

According to the Harvard University study examining correlates of healthy aging, the single most significant factor associated with healthy aging was

- A) not smoking.
- B) emotional maturity.
- C) a stable marriage.
- D) regular exercise.

Answer: <https://biology-forums.com/index.php?topic=339959>

Question 258

Stretching exercise should be performed

- A) before the general warm-up.
- B) during the general warm-up.
- C) at the beginning of the specific warm-up.
- D) at the end of the specific warm-up.

Answer: <https://biology-forums.com/index.php?topic=338704>

Question 259

Which of the following ergogenic aids is illegal?

- A) creatine
- B) amino acid supplements
- C) caffeine
- D) anabolic steroids

Answer: <https://biology-forums.com/index.php?topic=339007>

Question 260

The dose-response relationship states that the amount of adaptation you can expect from exercise directly relates to

- A) the amount of overload incorporated into the program.
- B) the time of day you exercise.
- C) the specific body system that is stressed.
- D) the order in which you perform different types of training.

Answer: <https://biology-forums.com/index.php?topic=338655>

Question 261

Sleep deprivation

- A) reduces immune function.
- B) decreases risk for diabetes.
- C) aids in managing stress.
- D) decreases blood pressure.

Answer: <https://biology-forums.com/index.php?topic=339729>

Question 262

Your friend is thinking about trying a fad diet to lose weight. Given the information in this chapter on problems associated with fad diets, you can inform her that

- A) these diets are highly effective.
- B) weight loss from these kinds of diets is usually from loss of fat mass.
- C) without permanent changes in eating habits, the weight will be regained.
- D) finding the right diet will lead to permanent weight loss.

Answer: <https://biology-forums.com/index.php?topic=339452>

Question 263

Which energy system is used when a baseball player swings and hits a pitched baseball?

Answer: <https://biology-forums.com/index.php?topic=338887>

Question 264

The mode of activity chosen is known as

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

Answer: <https://biology-forums.com/index.php?topic=338692>

Question 265

Which of the following statements is true regarding health care in the United States?

- A) Employee health insurance premiums have increased by 2% in the past ten years.
- B) Insurance premiums have decreased by 10% over the last 5 years.
- C) The United States spends less per person on health care than any other industrialized nation.

D) Americans spent 2.5 trillion dollars on health care in 2009.

Answer: <https://biology-forums.com/index.php?topic=338565>

Question 266

The relationship between the amount of calories consumed in food and the amount of calories expended through metabolism and physical activity is known as

- A) body mass index.
- B) energy balance.
- C) metabolic rate.
- D) metabolic equivalent.

Answer: <https://biology-forums.com/index.php?topic=339402>

Question 267

A vitamin that strengthens blood vessels is

- A) vitamin A.
- B) vitamin D.
- C) vitamin C.
- D) vitamin E.

Answer: <https://biology-forums.com/index.php?topic=339327>

Question 268

A physician who has passed the national board examination for his or her specialty is considered to be

- A) board certified.
- B) board eligible.
- C) accredited by a medical facility.
- D) affiliated with an accredited medical institution.

Answer: <https://biology-forums.com/index.php?topic=339970>

Question 269

The "E" in "RICE," the injury treatment acronym, stands for what?

Answer: <https://biology-forums.com/index.php?topic=338897>

Question 270

Which of the following factors increases the rate at which your body will absorb alcohol?

- A) drinking a carbonated alcoholic beverage
- B) having a stomach full of food
- C) being in a calm mood
- D) a lower concentration of alcohol in the drink

Answer: <https://biology-forums.com/index.php?topic=339847>

Question 271

Which of the following types of equipment can be used for resistance training?

- A) elastic bands
- B) stationary bicycle
- C) running shoes
- D) jump rope

Answer: <https://biology-forums.com/index.php?topic=338907>

Question 272

Which of the following activities would be primarily fueled by the anaerobic energy system?

- A) swimming for 5 minutes
- B) a 2-mile run
- C) a 20-minute walk
- D) a sprint down a football field

Answer: <https://biology-forums.com/index.php?topic=338809>

Question 273

Heart arrhythmias may be felt from drinking too much of a beverage that contains what?

Answer: <https://biology-forums.com/index.php?topic=339716>

Question 274

Your friend plays on the intermural soccer team. You notice one week that she is spending more time than usual running in the mornings and practicing kicking goals in the afternoon. When you ask about her intensity, she explains that she has a big game coming up and that she is determined to win. Which of the following is her chief motivation for exercise?

- A) competition
- B) socializing
- C) losing weight
- D) having fun

Answer: <https://biology-forums.com/index.php?topic=338732>

Question 275

Which of the following is a disadvantage of DXA?

- A) inaccuracy
- B) time consuming
- C) cost
- D) safety

Answer: <https://biology-forums.com/index.php?topic=339208>

Question 276

_____ is a group of joint diseases.

- A) Osteoporosis
- B) Osteopenia
- C) Arthritis
- D) Osteoarthritis

Answer: <https://biology-forums.com/index.php?topic=339765>

Question 277

A disadvantage of ballistic stretching is that it

- A) is less effective at increasing static flexibility.
- B) decreases dynamic flexibility.
- C) requires a partner to help you stretch.
- D) is not effective for trained athletes.

Answer: <https://biology-forums.com/index.php?topic=339091>

Question 278

If you have lost or gained _____% of your body weight, you will need to maintain that level for a few months before resuming more weight change.

- A) 50
- B) 25
- C) 10
- D) 5

Answer: <https://biology-forums.com/index.php?topic=339504>

Question 279

Subunits of protein molecules are known as

- A) glycogen.
- B) amino acids.
- C) starches.
- D) free fatty acids.

Answer: <https://biology-forums.com/index.php?topic=339269>

Question 280

Which aging-related change leads to osteoporosis?

- A) declining flexibility
- B) mineral loss from bones
- C) shifts in sleep/wake cycle
- D) weight gain

Answer: <https://biology-forums.com/index.php?topic=339954>

Question 281

Attempting to double the amount of weight you can bench press in the space of a month is an example of which barrier to change?

- A) self-defeating beliefs and attitudes
- B) overambitious goals
- C) failing to accurately assess your current state of wellness
- D) lack of support and guidance

Answer: <https://biology-forums.com/index.php?topic=338603>

Question 282

On average, what percentage of our daily calories comes from sweets, sodas and fruit drinks, alcoholic beverages, and salty snacks?

- A) 33%
- B) 10%
- C) 25%
- D) 5%

Answer: <https://biology-forums.com/index.php?topic=339414>

Question 283

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 284

The glycemic index is a measure of the rate at which foods

- A) release free fatty acids.
- B) raise blood sugar levels.
- C) trigger the release of glycogen stores from muscles.
- D) are eliminated from the body.

Answer: <https://biology-forums.com/index.php?topic=339290>

Question 285

Which of the following would be considered a complete protein source?

- A) steak
- B) peanut butter
- C) vegetable oil
- D) spinach

Answer: <https://biology-forums.com/index.php?topic=339273>

Question 286

While Sarah is speaking to John, he is smiling, nodding, and using positive body language to show his interest in the conversation. John's actions are an example of

- A) active listening.
- B) reacting cynically.
- C) being assertive.
- D) affirmation.

Answer: <https://biology-forums.com/index.php?topic=339962>

Question 287

Which type of diabetes develops as a result of pregnancy?

- A) type 1
- B) gestational
- C) type 2
- D) pre-diabetes

Answer: <https://biology-forums.com/index.php?topic=339734>

Question 288

A sequence of exercises performed on a mat or special equipment designed to stretch and strengthen muscles is known as

- A) yoga.
- B) Pilates.
- C) tai chi.
- D) ballet.

Answer: <https://biology-forums.com/index.php?topic=339101>

Question 289

Which CAM modality employs herbal medicine, minerals, and chemicals in extremely diluted forms to treat disease?

- A) chiropractic medicine
- B) Ayurveda
- C) homeopathic medicine
- D) acupuncture

Answer: <https://biology-forums.com/index.php?topic=339978>

Question 290

A common side effect of designer or "club drugs" is

- A) euphoria.
- B) lung cancer.
- C) hallucinations.
- D) fetal alcohol syndrome.

Answer: <https://biology-forums.com/index.php?topic=339880>

Question 291

Leukemia is characterized by an increase in

- A) malignant cells.
- B) red blood cells.
- C) white blood cells.
- D) platelets.

Answer: <https://biology-forums.com/index.php?topic=339791>

Question 292

The majority of adult Americans with diabetes have which form?

- A) type 1
- B) gestational
- C) type 2
- D) hypoglycemic

Answer: <https://biology-forums.com/index.php?topic=339726>

Question 293

Diabetes is characterized by the inability to properly produce or use

- A) insulin.
- B) red blood cells.
- C) blood sugar.
- D) platelets.

Answer: <https://biology-forums.com/index.php?topic=339722>

Question 294

Municipal solid waste includes

- A) containers and packaging.
- B) oil spills in the ocean.
- C) polluted water.
- D) greenhouse gases.

Answer: <https://biology-forums.com/index.php?topic=339989>

Question 295

A piece of equipment that can be used to increase flexibility and muscle action via vibration is known as what?

Answer: <https://biology-forums.com/index.php?topic=339139>

Question 296

The overload principle states that to see improvements in physical fitness

- A) you must train every day.
- B) you must train at a level that is greater than what your body is accustomed to.
- C) you must increase your training level on a weekly basis.
- D) you must train with a consistent routine that you are used to.

Answer: <https://biology-forums.com/index.php?topic=338648>

Question 297

Which tobacco cessation product stimulates the immune system to generate antibodies that prevent nicotine from entering or acting on the brain?

- A) a nicotine patch
- B) nicotine gum
- C) nicotine ointment
- D) anti-nicotine vaccine

Answer: <https://biology-forums.com/index.php?topic=339872>

Question 298

In a blood pressure reading of 110/70, 110 represents _____ pressure and 70 represents _____ pressure.

- A) systolic; diastolic
- B) diastolic; systolic
- C) high; low
- D) normal; below normal

Answer: <https://biology-forums.com/index.php?topic=339676>

Question 299

Which of the following decreases as the result of cardiorespiratory training?

- A) maximal oxygen consumption
- B) resting heart rate
- C) left ventricular volume
- D) fat use for energy in exercise

Answer: <https://biology-forums.com/index.php?topic=338847>

Question 300

Healthy life expectancy is calculated by

- A) subtracting years of disability or illness from overall life expectancy.
- B) comparing life expectancies over the past decade.
- C) subtracting overall life expectancy from years of disability or illness.
- D) examining causes of death over the past decade.

Answer: <https://biology-forums.com/index.php?topic=338531>

Question 301

The device used to open restricted airways in people with asthma is

- A) an inhalant
- B) a respirator
- C) an inhaler
- D) a gas mask

Answer: <https://biology-forums.com/index.php?topic=339748>

Question 302

Exercise is a subset of physical activity that is

- A) performed only by trained athletes.
- B) unstructured.
- C) done specifically to achieve or maintain fitness.
- D) unplanned.

Answer: <https://biology-forums.com/index.php?topic=338621>

Question 303

Which of the following is a general safety tip for weight training?

- A) Safety collars should be used at the ends of weight bars.
- B) Only attempt free weight lifts when no one is within 20 feet of you.
- C) Use a bouncing motion when lifting free weights.
- D) Perform all exercises at a brisk pace.

Answer: <https://biology-forums.com/index.php?topic=338997>

Question 304

Sue is a 40-year-old female who smokes, frequently uses tanning beds, and drinks 2-3 alcoholic beverages daily. Which of the following statements best indicates her cancer risks?

- A) She has an increased risk for breast, lung, and skin cancers.
- B) She has an increased risk for breast, cervical, and lung cancers.
- C) She has increased risks for lung and skin cancers.
- D) She has increased risks for lung and breast cancers.

Answer: <https://biology-forums.com/index.php?topic=339802>

Question 305

Which organ produces insulin?

- A) liver
- B) pancreas
- C) spleen
- D) stomach

Answer: <https://biology-forums.com/index.php?topic=339723>

Question 306

At what age does rheumatoid arthritis typically appear?

- A) 5 to 15
- B) 25 to 40
- C) 40 to 55
- D) 55 to 75

Answer: <https://biology-forums.com/index.php?topic=339774>

Question 307

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 308

Physical fitness is the ability to

- A) perform moderate to vigorous physical activity without undue fatigue.
- B) perform motor tasks accurately.
- C) maintain equilibrium while moving.
- D) perform more successfully in agility sports.

Answer: <https://biology-forums.com/index.php?topic=338620>

Question 309

Courses that can improve flexibility include

- A) spinning.
- B) Pilates.
- C) weight lifting.
- D) discus throwing.

Answer: <https://biology-forums.com/index.php?topic=339095>

Question 310

The Patient Protection and Affordable Care Act of 2010

- A) removed lifetime caps on benefit payouts for student health coverage.
- B) instituted lifetime caps on benefit payouts for student health coverage.
- C) mandated that all students remain on their parents' insurance.

D) outlawed college students from being on their parents' insurance.

Answer: <https://biology-forums.com/index.php?topic=339982>

Question 311

The capacity to exert force rapidly is known as what?

Answer: <https://biology-forums.com/index.php?topic=339017>

Question 312

High levels of cholesterol, triglycerides, and other fats in the blood is known as what?

Answer: <https://biology-forums.com/index.php?topic=339718>

Question 313

The number one killer in the United States among adults of all ages is

- A) cardiovascular disease.
- B) chronic lower respiratory disease.
- C) HIV.
- D) diabetes.

Answer: <https://biology-forums.com/index.php?topic=338537>

Question 314

Which of the following can make condoms lose up to 90% of their strength?

- A) petroleum jelly
- B) spermicide coatings
- C) being past expiration date
- D) storage in a cold environment

Answer: <https://biology-forums.com/index.php?topic=339938>

Question 315

Being physically fit, getting regular medical exams, and having a healthy diet are all components of _____ wellness.

- A) emotional
- B) physical
- C) mental
- D) social

Answer: <https://biology-forums.com/index.php?topic=338516>

Question 316

Which of the following best describes plyometric exercise?

- A) resistance training in which an individual lifts very heavy weights
- B) lifting of free weights performed in multiple sets and repetitions
- C) explosive exercises that mimic quick movements needed in many sports
- D) body weight exercises such as sit-up and push-ups

Answer: <https://biology-forums.com/index.php?topic=338970>

Question 317

Basal and squamous cell cancers are most likely to appear as which of the following?

- A) small-diameter freckle
- B) a lump in the breast
- C) a warty bump on the face
- D) asymmetrical mole

Answer: <https://biology-forums.com/index.php?topic=339800>

Question 318

Jeff is a hard-driving, competitive, perfectionist. His personality type is most likely

- A) Type A.
- B) Type B.
- C) Type II.
- D) Type O.

Answer: <https://biology-forums.com/index.php?topic=339588>

Question 319

Kim is a 20-year-old college soccer player. Her training coach assessed her body composition using skinfold thickness. She had 15% body fat. For her age, this percentage body fat is classified as

- A) very lean.
- B) good.
- C) poor.
- D) very poor.

Answer: <https://biology-forums.com/index.php?topic=339236>

Question 320

Tangible rewards are known as what?

Answer: <https://biology-forums.com/index.php?topic=338755>

Question 321

A vitamin that increases the absorption of calcium is

- A) vitamin A.
- B) vitamin D.
- C) vitamin C.
- D) vitamin E.

Answer: <https://biology-forums.com/index.php?topic=339319>

Question 322

Your brother has a waist circumference of 33" and a hip circumference of 40". What is his waist-to-hip ratio?

- A) 0.954
- B) 0.825
- C) 0.763
- D) 1.27

Answer: <https://biology-forums.com/index.php?topic=339185>

Question 323

When performing range-of-motion exercises, your movements should be _____ and _____.

- A) fast; purposeful
- B) forceful; repetitive
- C) relaxed; controlled
- D) slow; powerful

Answer: <https://biology-forums.com/index.php?topic=338696>

Question 324

A set of physical or emotional reactions following a stressful event or circumstance is

- A) a stress response.
- B) a stressor.
- C) eustress.
- D) a fight-or-flight response.

Answer: <https://biology-forums.com/index.php?topic=339528>

Question 325

A pre-programmed weight that your body returns to easily when you gain or lose a few pounds is known as

- A) a set point.
- B) a weight plateau.
- C) basal metabolism.
- D) energy balance.

Answer: <https://biology-forums.com/index.php?topic=339486>

Question 326

After eight weeks on a resistance-training program, Nathan notices he can snowboard for a longer period of time before tiring. This is due to improved _____.

- A) muscular strength.
- B) motor unit recruitment.

- C) muscle cross-sectional area.
- D) muscular endurance.

Answer: <https://biology-forums.com/index.php?topic=338947>

Question 327

Which of the following skinfold sites is used to measure body fat in females?

- A) the chest
- B) the thigh
- C) the abdomen
- D) the bicep

Answer: <https://biology-forums.com/index.php?topic=339200>

Question 328

Shaping is defined as

- A) substituting a healthy behavior for an unhealthy behavior.
- B) making a series of small changes.
- C) following a plan of action.
- D) controlling the environment.

Answer: <https://biology-forums.com/index.php?topic=338608>

Question 329

A form of lipoprotein known as "bad cholesterol" is what?

Answer: <https://biology-forums.com/index.php?topic=339382>

Question 330

Which of the following is a specific, time-oriented goal for weight loss?

- A) I will lose 2 pounds in the next month.
- B) I will lose weight this year.
- C) I will lose 10 lbs.
- D) I will actively work toward achieving a healthy weight by next year.

Answer: <https://biology-forums.com/index.php?topic=338601>

Question 331

Stress relaxation techniques

- A) focus the mind and breathing.
- B) increase cortisol levels.
- C) lower immunity.
- D) tense the muscles.

Answer: <https://biology-forums.com/index.php?topic=339610>

Question 332

Which of the following is a function of skeletal muscle?

- A) moves food through the stomach
- B) generates body heat
- C) contracts the heart
- D) causes contraction of veins

Answer: <https://biology-forums.com/index.php?topic=338911>

Question 333

A tumor that is non-cancerous is

- A) malignant.
- B) benign.
- C) metastatic.
- D) carcinogenic.

Answer: <https://biology-forums.com/index.php?topic=339784>

Question 334

Changes in flexibility with aging are primarily associated with

- A) inactivity.

- B) changes in blood flow.
- C) changes in diet.
- D) bone density loss.

Answer: <https://biology-forums.com/index.php?topic=339069>

Question 335

Stretching that involves mimicking movements performed in a workout or sports activity is known as

- A) static stretching.
- B) PNF stretching.
- C) dynamic stretching.
- D) ballistic stretching.

Answer: <https://biology-forums.com/index.php?topic=339085>

Question 336

Inflammation of the fascia on the underside of the foot is known as

- A) strain.
- B) sprain.
- C) shin splints.
- D) plantar fasciitis.

Answer: <https://biology-forums.com/index.php?topic=338879>

Question 337

Which of the following is attributed to regular physical activity?

- A) reduced risk of obesity.
- B) high blood pressure.
- C) increased levels of blood sugar.
- D) increased risk of back pain.

Answer: <https://biology-forums.com/index.php?topic=338552>

Question 338

Waist-to-hip ratio is calculated by

- A) hip circumference divided by waist circumference.
- B) waist circumference multiplied by hip circumference.
- C) waist circumference divided by hip circumference.
- D) hip circumference minus waist circumference.

Answer: <https://biology-forums.com/index.php?topic=339183>

Question 339

The hormone secreted by the pituitary gland in response to stress is called

- A) cortisol.
- B) norepinephrine.
- C) adrenocorticotrophic hormone (ACTH).
- D) adrenaline.

Answer: <https://biology-forums.com/index.php?topic=339538>

Question 340

Which of the following kills more young adults than almost all other causes combined?

- A) HIV
- B) suicide
- C) accidents
- D) homicide

Answer: <https://biology-forums.com/index.php?topic=338544>

Question 341

The sit-and-reach test measures flexibility in the

- A) hamstrings, lower back, and hips.
- B) abdominal muscles.
- C) knees.
- D) neck.

Answer: <https://biology-forums.com/index.php?topic=339071>

Question 342

Which of the following techniques of body composition assessment is most similar in concept to hydrostatic weighing?

- A) air displacement
- B) bioelectrical impedance
- C) BMI
- D) DXA

Answer: <https://biology-forums.com/index.php?topic=339216>

Question 343

Myofibril strands within muscles contain

- A) smooth muscle.
- B) actin and myosin.
- C) fascicles.
- D) motor units.

Answer: <https://biology-forums.com/index.php?topic=338919>

Question 344

Chest pain due to ischemia is called

- A) angina pectoris.
- B) arrhythmia.
- C) atherosclerosis.
- D) tachycardia.

Answer: <https://biology-forums.com/index.php?topic=339684>

Question 345

Both the American College of Sports Medicine and the U.S. Department of Health and Human Services recommend at least _____ minutes of exercise daily for youth under the age of 18.

- A) 20
- B) 30
- C) 40
- D) 60

Answer: <https://biology-forums.com/index.php?topic=338678>

Question 346

Micronutrients that enable our nerves to transmit impulses are known as

- A) water.
- B) vitamins.
- C) minerals.
- D) fatty acids.

Answer: <https://biology-forums.com/index.php?topic=339331>

Question 347

Increased intake of which of the following can help prevent osteoporosis?

- A) calcium
- B) caffeine
- C) alcohol
- D) vitamin C

Answer: <https://biology-forums.com/index.php?topic=339758>

Question 348

Your friend is morbidly obese. When you express your concern to him about his health, he denies that his obesity will have any effect on his health and cites the example of his father, who is also obese and apparently healthy. Which stage of behavior change is your friend in regarding his obesity?

- A) contemplation
- B) precontemplation
- C) termination
- D) preparation

Answer: <https://biology-forums.com/index.php?topic=338574>

Question 349

Muscles responsible for keeping your spine upright while moving are known as

- A) trunk flexor muscles.
- B) trunk extensor muscles.
- C) hip flexor muscles.
- D) hip extensor muscles.

Answer: <https://biology-forums.com/index.php?topic=339127>

Question 350

When practicing progressive muscle relaxation, which part of the body should you start with?

- A) head
- B) hands
- C) feet
- D) abdomen

Answer: <https://biology-forums.com/index.php?topic=339612>

Question 351

Sally is currently jogging 3 times per week for 30 minutes. She has become comfortable with this workout and now wants to increase her workout time. Using the principle of progression, Sally should increase her time to approximately _____ minutes.

- A) 33
- B) 36
- C) 39
- D) 42

Answer: <https://biology-forums.com/index.php?topic=338660>

Question 352

Which of the following is most true of habits?

- A) Habits are determined by demographics and do not involve deliberate choice.
- B) Habits are determined by deliberate choice and are not influenced by demographics.
- C) Habits are not related to either deliberate choice or demographics.
- D) Habits involve elements of deliberate choice but are influenced by demographics.

Answer: <https://biology-forums.com/index.php?topic=338588>

Question 353

_____ is the virus that causes AIDS.

- A) HIV
- B) HPV
- C) HSV-1
- D) HSV-2

Answer: <https://biology-forums.com/index.php?topic=339922>

Question 354

According to research, which of the following ethnic groups is least likely to develop type 2 diabetes?

- A) Caucasians
- B) Native Americans
- C) African Americans
- D) Hispanic Americans

Answer: <https://biology-forums.com/index.php?topic=339740>

Question 355

A symptom of primary syphilis is a

- A) rash.
- B) milky penile discharge.
- C) chancre sore.
- D) cluster of painful blisters.

Answer: <https://biology-forums.com/index.php?topic=339905>

Question 356

Sarah is trying to quit smoking. After two days without cigarettes she is feeling irritable and restless. Sarah is most likely experiencing

- A) nicotine rush.
- B) nicotine substitution.
- C) nicotine withdrawal.
- D) nicotine poisoning.

Answer: <https://biology-forums.com/index.php?topic=339873>

Question 357

The greatest threat from herpes is that

- A) it can be transmitted to a newborn.
- B) it requires high doses of antibiotics for treatment.
- C) it can cause death in the final stages.
- D) it leads to prostate cancer.

Answer: <https://biology-forums.com/index.php?topic=339914>

Question 358

The principle that only the body systems worked during training will show adaptations is known as

- A) individuality.
- B) specificity.
- C) reversibility.
- D) frequency.

Answer: <https://biology-forums.com/index.php?topic=338661>

Question 359

Type II muscle fibers (fast-twitch)

- A) are easily fatigable.
- B) utilize oxygen to contract.
- C) generate lesser levels of muscular power than type I fibers.
- D) contract slowly.

Answer: <https://biology-forums.com/index.php?topic=338923>

Question 360

What percentage of adults in the United States participates in regular leisure-time physical activity?

- A) 6%
- B) 19%
- C) 34%
- D) 53%

Answer: <https://biology-forums.com/index.php?topic=338725>

Question 361

Which hormone, produced by fat cells, is a powerful appetite stimulant?

Answer: <https://biology-forums.com/index.php?topic=339514>

Question 362

The best sources of energy during exercise are

- A) proteins.
- B) fats.
- C) carbohydrates.
- D) electrolytes.

Answer: <https://biology-forums.com/index.php?topic=339372>

Question 363

Sidestream smoke contains 50 times more _____ than mainstream smoke.

- A) ammonia
- B) tar
- C) carbon monoxide
- D) nicotine

Answer: <https://biology-forums.com/index.php?topic=339871>

Question 364

Skinfold measurements have what range of error in predicting percent body fat?

- A) 7-8%
- B) 1-2%
- C) 5-6%
- D) 3-4%

Answer: <https://biology-forums.com/index.php?topic=339202>

Question 365

Consistent physical activity plus a healthy diet can cut your risk of developing type 2 diabetes by nearly

- A) 60%.
- B) 50%.
- C) 40%.
- D) 30%.

Answer: <https://biology-forums.com/index.php?topic=339739>

Question 366

A measure of the amount of chemical energy that a food provides is known as

- A) a calorie.
- B) glycogen.
- C) the glycemic index.
- D) dietary reference intake.

Answer: <https://biology-forums.com/index.php?topic=339259>

Question 367

Chemicals associated with addiction

- A) cause cellular changes.
- B) must have the potential to produce negative mood change.
- C) enhance alertness.
- D) provide a sense of pleasure or stability that the addict can achieve in other ways.

Answer: <https://biology-forums.com/index.php?topic=339841>

Question 368

In asthma, which of the following becomes inflamed and mucus-filled?

- A) joints
- B) alveoli
- C) bronchial tubes
- D) pancreas

Answer: <https://biology-forums.com/index.php?topic=339746>

Question 369

Which of the following assessment techniques may be monitored weekly to track progress in meeting body composition goals?

- A) body weight
- B) BMI
- C) body circumference
- D) percent body fat

Answer: <https://biology-forums.com/index.php?topic=339226>

Question 370

Which factor is most likely to increase the risk for lung cancer?

- A) using a tanning booth
- B) working in a uranium mine
- C) increased exposure to estrogen
- D) excessive alcohol use

Answer: <https://biology-forums.com/index.php?topic=339824>

Question 371

Jake has gained 10 lbs in the last five years due to inactivity and is beginning to notice significant stiffness in his joints. His problem may be related to

the fact that his weight gain has significantly increased his risk of

- A) osteoporosis.
- B) arthritis.
- C) muscle spasms.
- D) diabetes.

Answer: <https://biology-forums.com/index.php?topic=339442>

Question 372

Using a drug for a purpose for which it was not intended is known as

- A) drug abuse.
- B) drug misuse.
- C) drug addiction.
- D) withdrawal.

Answer: <https://biology-forums.com/index.php?topic=339877>

Question 373

Planned or structured physical activity is known as what?

Answer: <https://biology-forums.com/index.php?topic=338747>

Question 374

Tightness in which muscles causes a forward tilt of the pelvis and an increased curvature of the lower back?

Answer: <https://biology-forums.com/index.php?topic=339142>

Question 375

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 376

New approaches to treating cancer focus on

- A) using chemicals to stop tumor growth.
- B) treating symptoms associated with cancer.
- C) treating cancer as a genetic disease caused by a mutation.
- D) changing the way a cell responds to radiation.

Answer: <https://biology-forums.com/index.php?topic=339827>

Question 377

Round spongy pads that act as shock absorbers in the spine are known as

- A) ligaments.
- B) vertebrae.
- C) intervertebral disks.
- D) core trunk muscles.

Answer: <https://biology-forums.com/index.php?topic=339119>

Question 378

Which of the following can be a component of metabolic syndrome?

- A) high blood pressure
- B) anorexia nervosa
- C) osteoporosis
- D) breast cancer

Answer: <https://biology-forums.com/index.php?topic=339446>

Question 379

Small blood vessels that branch from arterioles and allow exchange of nutrients and wastes from body cells are known as

- A) bronchioles.
- B) capillaries.

- C) veins.
- D) arteries.

Answer: <https://biology-forums.com/index.php?topic=338795>

Question 380

Which of the following conditions would make hydrostatic weighing most difficult for the subject?

- A) if the subject is excessively lean
- B) if the subject is moderately overweight
- C) if the subject is a beginning level swimmer
- D) if the subject is not comfortable being submerged

Answer: <https://biology-forums.com/index.php?topic=339206>

Question 381

The cardiovascular system includes

- A) the heart and blood vessels.
- B) the lungs.
- C) the blood vessels only.
- D) the heart only.

Answer: <https://biology-forums.com/index.php?topic=339650>

Question 382

Which of the following is a fat-soluble vitamin?

- A) niacin
- B) vitamin B1
- C) vitamin B2
- D) vitamin A

Answer: <https://biology-forums.com/index.php?topic=339317>

Question 383

Going for a walk instead of eating dessert is an example of

- A) modeling.
- B) countering.
- C) shaping.
- D) relapse.

Answer: <https://biology-forums.com/index.php?topic=338609>

Question 384

The exchange of oxygen and carbon dioxide is called

- A) purification.
- B) respiration.
- C) pulmonary circulation.
- D) filtration.

Answer: <https://biology-forums.com/index.php?topic=338775>

Question 385

Which of the following has research shown to be a response elicited by prayer?

- A) increased heart rate
- B) increased blood pressure
- C) increased breathing rate
- D) increased immune response

Answer: <https://biology-forums.com/index.php?topic=339626>

Question 386

The left ventricle pumps blood to

- A) the systemic circulation.
- B) the atria.
- C) the pulmonary circulation.
- D) the right ventricle.

Answer: <https://biology-forums.com/index.php?topic=338783>

Question 387

According to the physical activity pyramid, individuals should work on muscular fitness

- A) every day.
- B) 5 days per week.
- C) 2 days per week.
- D) 1 day per week.

Answer: <https://biology-forums.com/index.php?topic=338673>

Question 388

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 389

When planning your fitness program, which of the following is the best question to ask yourself?

- A) How many calories do I want to burn?
- B) What motivates me?
- C) What activity is most popular with my friends?
- D) Which exercise will help me to lose weight the fastest?

Answer: <https://biology-forums.com/index.php?topic=338727>

Question 390

At what point after an activity has been initiated does the body switch energy sources from the immediate energy system to the anaerobic energy system?

- A) 5 seconds
- B) 10 seconds
- C) 30 seconds
- D) 1 minute

Answer: <https://biology-forums.com/index.php?topic=338807>

Question 391

Training that involves exercisers moving from one station to another in a set pattern is which of the following?

- A) plyometrics
- B) traditional weight training
- C) circuit training
- D) calisthenics

Answer: <https://biology-forums.com/index.php?topic=338964>

Question 392

Gestational diabetes can increase the risk of

- A) developing type 2 diabetes.
- B) developing type 1 diabetes.
- C) developing hypertension.
- D) genetic disorders in the fetus.

Answer: <https://biology-forums.com/index.php?topic=339735>

Question 393

Mild symptoms of illness occur _____ after HIV enters the body.

- A) 1 week
- B) 1-3 months
- C) 5-7 years
- D) 3 days

Answer: <https://biology-forums.com/index.php?topic=339932>

Question 394

The group of muscles that support the trunk while one is standing, sitting, lying down, or moving is known as what?

Answer: <https://biology-forums.com/index.php?topic=339144>

Question 395

On a dare, Suzanne smokes a cigarette. Since she is a first-time smoker, the effects of nicotine poisoning that Suzanne might experience include

- A) dizziness.
- B) slow pulse.
- C) rash.
- D) constipation.

Answer: <https://biology-forums.com/index.php?topic=339865>

Question 396

Research has suggested that meditation shifts brain activity away from the right prefrontal lobe. This area of the brain is associated with

- A) anger.
- B) schizophrenia.
- C) muscle control.
- D) pain.

Answer: <https://biology-forums.com/index.php?topic=339620>

Question 397

An opportunistic infection is defined as

- A) a virus that causes AIDS.
- B) a bacterial infection that leads to pneumonia.
- C) an infection that only affects individuals with compromised immunity.
- D) an airborne infection.

Answer: <https://biology-forums.com/index.php?topic=339928>

Question 398

What percentage of AIDS cases in the United States result from sharing or using HIV-contaminated needles and syringes?

- A) 5 to 10%
- B) 15 to 25%
- C) 30 to 40%
- D) 50 to 60%

Answer: <https://biology-forums.com/index.php?topic=339933>

Question 399

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 400

The continent with the most reported cases of HIV/AIDS is

- A) North America.
- B) Europe.
- C) Asia.
- D) Africa.

Answer: <https://biology-forums.com/index.php?topic=339923>

Question 401

The ability to have satisfying interpersonal relationships is which of the following?

- A) intellectual wellness
- B) spiritual wellness
- C) physical wellness
- D) social wellness

Answer: <https://biology-forums.com/index.php?topic=338520>

Question 402

HDL cholesterol

- A) leads to plaque buildup in the blood vessels.
- B) helps protect against heart disease.
- C) is not affected by consuming saturated fat.
- D) is the "bad cholesterol."

Answer: <https://biology-forums.com/index.php?topic=339311>

Question 403

Which of the following is a financial advantage of having a high level of wellness?

- A) lower health care costs
- B) better emotional health
- C) lower risks of depression
- D) higher productivity

Answer: <https://biology-forums.com/index.php?topic=338558>

Question 404

Which form of tobacco is a small hand-rolled flavored cigarette generally made in India or Southeast Asia?

- A) filtered cigarette
- B) bidi
- C) clove cigarette
- D) hookah

Answer: <https://biology-forums.com/index.php?topic=339863>

Question 405

Fats that are solid at room temperature are

- A) saturated.
- B) monounsaturated.
- C) polyunsaturated.
- D) oils.

Answer: <https://biology-forums.com/index.php?topic=339295>

Question 406

Which of the following is a good strategy for avoiding stretching-related injuries?

- A) stretching only after warming up muscles.
- B) activating stretch receptors when you want to relax.
- C) holding stretches for no more than 5 seconds.
- D) overstretching if you are hyperflexible.

Answer: <https://biology-forums.com/index.php?topic=339103>

Question 407

An event or circumstance to which the body tries to adapt is

- A) a stress response.
- B) a stressor.
- C) eustress.
- D) a fight-or-flight response.

Answer: <https://biology-forums.com/index.php?topic=339526>

Question 408

By 2030, the prevalence of cardiovascular disease in the United States is expected to

- A) decrease by about 10%.
- B) stay the same.
- C) increase by about 10%.
- D) increase by about 20%.

Answer: <https://biology-forums.com/index.php?topic=339646>

Question 409

According to a national survey of college students, which of the following represents the biggest impediment to academic success?

- A) infectious disease
- B) stress
- C) tuition rates
- D) housing issues

Answer: <https://biology-forums.com/index.php?topic=339518>

Question 410

Which of the following characterizes the resistance stage of the general adaptation syndrome?

- A) initiation of the fight-or-flight response
- B) the body establishing a new level of homeostasis
- C) the body running out of resources to successfully adapt to the stressor
- D) reduction of immunity

Answer: <https://biology-forums.com/index.php?topic=339555>

Question 411

BMI in _____ and _____ ranges are associated with increased risk for premature death and disease.

- A) extremely high; moderately low
- B) extremely high; moderately high
- C) moderately high; moderately low
- D) extremely high; extremely low

Answer: <https://biology-forums.com/index.php?topic=339174>

Question 412

A vitamin that aids blood clotting is

- A) vitamin A.
- B) vitamin D.
- C) vitamin K.
- D) niacin.

Answer: <https://biology-forums.com/index.php?topic=339322>

Question 413

Of the 20 different types of amino acids, _____ are considered essential.

- A) 9
- B) 12
- C) 15
- D) 18

Answer: <https://biology-forums.com/index.php?topic=339271>

Question 414

When body mass index (BMI) goes above _____, an individual is considered to be more than 10 percent over recommended body weight.

- A) 15
- B) 20
- C) 25
- D) 30

Answer: <https://biology-forums.com/index.php?topic=339388>

Question 415

Approximately what percentage of the population is age 65 or older?

- A) 8
- B) 13
- C) 16
- D) 20

Answer: <https://biology-forums.com/index.php?topic=339957>

Question 416

Wellness is defined as

- A) the absence of disease.
- B) the highest level of fitness.
- C) the optimal soundness of body and mind.
- D) the ability to exercise without excessive strain.

Answer: <https://biology-forums.com/index.php?topic=338512>

Question 417

At which age does flexibility peak?

- A) 13
- B) 15
- C) 18
- D) 21

Answer: <https://biology-forums.com/index.php?topic=339065>

Question 418

Which of the following is an example of moderate physical activity?

- A) competing in a triathlon
- B) cycling up a mountain
- C) bowling
- D) running 3 miles on a treadmill

Answer: <https://biology-forums.com/index.php?topic=338618>

Question 419

A client with arthritis asks whether weight training would be safe and beneficial for him. How should you respond?

- A) No—weight training is not safe for those with arthritis.
- B) Weight training is safe and beneficial for those with arthritis in some respects, but it increases pain.
- C) Weight training decreases pain in those with arthritis, but it also decreases mobility.
- D) Weight training can decrease pain and increase mobility in those with arthritis.

Answer: <https://biology-forums.com/index.php?topic=339005>

Question 420

Cortisol is secreted by which bodily source?

- A) the hypothalamus
- B) the pituitary gland
- C) the thyroid gland
- D) adrenal glands

Answer: <https://biology-forums.com/index.php?topic=339539>

Question 421

When a person pictures himself succeeding in achieving a goal, he is using

- A) modeling.
- B) shaping.
- C) visualization.
- D) countering.

Answer: <https://biology-forums.com/index.php?topic=338606>

Question 422

What percentage of Americans engage in no exercise, sports, or other physical activity at all during their leisure time?

- A) 5%
- B) 10%
- C) 25%
- D) 30%

Answer: <https://biology-forums.com/index.php?topic=339428>

Question 423

Blood alcohol concentration is the ratio of alcohol to

- A) stroke volume.
- B) total blood volume.
- C) body weight.
- D) body fat.

Answer: <https://biology-forums.com/index.php?topic=339849>

Question 424

Stress from positive events or circumstances is

- A) distress.
- B) a stressor.
- C) eustress.
- D) a fight-or-flight response.

Answer: <https://biology-forums.com/index.php?topic=339530>

Question 425

People living in rural areas tend to experience stress from

- A) traffic.
- B) housing density.
- C) pollution.
- D) limited employment opportunities.

Answer: <https://biology-forums.com/index.php?topic=339581>

Question 426

The most important aspect of footwear is

- A) proper fit.
- B) color scheme.
- C) cost.
- D) brand.

Answer: <https://biology-forums.com/index.php?topic=338712>

Question 427

Which process accurately describes a change in body composition that occurs as a result of resistance training?

- A) fat cells decrease in number
- B) fat cells decrease in size
- C) fat cells turn into muscle cells
- D) muscle cells increase in number

Answer: <https://biology-forums.com/index.php?topic=338949>

Question 428

What is the legal nutritional supplement containing amino acids that is naturally generated by the kidneys and stored in muscle cells, and that powers bursts of activity lasting less than 60 seconds?

Answer: <https://biology-forums.com/index.php?topic=339027>

Question 429

An example of being proactive in your health care is

- A) not keeping track of your family history.
- B) asking your doctor to explain problems and possible treatment options.
- C) relying solely on your doctor for health care information.
- D) always accepting your physician's advice without questioning it.

Answer: <https://biology-forums.com/index.php?topic=339972>

Question 430

A muscle contraction with overall muscle shortening is

- A) concentric
- B) isokinetic
- C) isometric
- D) eccentric

Answer: <https://biology-forums.com/index.php?topic=338936>

Question 431

Which of the following is primarily caused by smoking?

- A) emphysema
- B) diabetes
- C) arthritis
- D) asthma

Answer: <https://biology-forums.com/index.php?topic=339743>

Question 432

An oil high in monounsaturated fatty acid is

- A) olive oil.
- B) sunflower oil.
- C) corn oil.
- D) cottonseed oil.

Answer: <https://biology-forums.com/index.php?topic=339299>

Question 433

The attempt to eliminate fat from only specific parts of the body by exercising those parts is known as what?

Answer: <https://biology-forums.com/index.php?topic=339246>

Question 434

Which condition is a cluster of obesity-related risk factors associated with cardiovascular disease and type 2 diabetes?

- A) hyperlipidemia
- B) congenital heart disease
- C) transient ischemic attack
- D) metabolic syndrome

Answer: <https://biology-forums.com/index.php?topic=339707>

Question 435

When choosing resistance exercises to include in a beginning fitness program aimed at general muscular fitness,

- A) choose 5-10 key exercises like bench press and squats.
- B) choose 8-10 basic full body resistance exercises.
- C) perform a high number of repetitions with short rest periods.
- D) focus on free weight exercises at high resistance.

Answer: <https://biology-forums.com/index.php?topic=338988>

Question 436

A syndrome characterized by negative self-perception in which a person becomes obsessed with a physical defect is known as

- A) anorexia nervosa.
- B) bulimia.
- C) body dysmorphic disorder.
- D) binge eating disorder.

Answer: <https://biology-forums.com/index.php?topic=339476>

Question 437

Which of the following is likely to lead to poor sleep?

- A) avoiding caffeine in the evening
- B) taking frequent naps
- C) sleeping in a cool, ventilated room
- D) going to bed at a regular time every night

Answer: <https://biology-forums.com/index.php?topic=339597>

Question 438

A non-cancerous mole is

- A) asymmetrical.
- B) symmetrical.
- C) larger than 6 mm.
- D) varying in color.

Answer: <https://biology-forums.com/index.php?topic=339801>

Question 439

Tolerance to nicotine develops

- A) immediately.
- B) in approximately six weeks.
- C) in approximately six months.
- D) in approximately a year.

Answer: <https://biology-forums.com/index.php?topic=339866>

Question 440

The psychoactive substance in marijuana is known as

- A) cannabis.
- B) MDMA.
- C) THC.
- D) nicotine.

Answer: <https://biology-forums.com/index.php?topic=339878>

Question 441

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 442

A range of diseases in which the joints become inflamed and painful is known as

- A) arthritis.
- B) shin splints.
- C) tendonitis.
- D) bursitis.

Answer: <https://biology-forums.com/index.php?topic=339039>

Question 443

Which body weight group has been found to have higher-than-standard death rates for non-cancer and non-cardiovascular disease causes?

- A) overweight people
- B) underweight people
- C) normal weight people
- D) obese people

Answer: <https://biology-forums.com/index.php?topic=339161>

Question 444

According to statistics, _____ of all Americans born after 2000 could develop diabetes by 2050.

- A) one third
- B) one half
- C) two thirds
- D) one quarter

Answer: <https://biology-forums.com/index.php?topic=339725>

Question 445

The "m" in the "SMART" system for setting goals stands for which of the following?

- A) mandatory
- B) measurable
- C) manageable
- D) memorable

Answer: <https://biology-forums.com/index.php?topic=338597>

Question 446

The little projections created by bone grinding on bone are known as

- A) alveoli.
- B) bone spurs.
- C) bone points.
- D) bone horns.

Answer: <https://biology-forums.com/index.php?topic=339773>

Question 447

Biofeedback involves

- A) focusing on deep breathing.
- B) monitoring physical stress responses.
- C) becoming unusually responsive to suggestion.
- D) releasing tension in the muscles, one muscle group at a time.

Answer: <https://biology-forums.com/index.php?topic=339618>

Question 448

Your body's maximal ability to utilize oxygen during exercise is known as

- A) cardiac output.
- B) VO₂max.
- C) stroke volume.
- D) maximal systolic pressure.

Answer: <https://biology-forums.com/index.php?topic=338841>

Question 449

Which of the following statements is true regarding growth hormone (GH)?

- A) Oral GH is easily absorbed into the bloodstream from your digestive system.
- B) Bone growth caused by GH is reversible.
- C) Children with abnormally slow growth are prescribed GH.
- D) GH has few, if any, side effects.

Answer: <https://biology-forums.com/index.php?topic=339013>

Question 450

Which of the following provides energy, insulation, and padding?

- A) lean body mass
- B) storage fat
- C) essential fat
- D) bones

Answer: <https://biology-forums.com/index.php?topic=339156>

Question 451

The time between a stimulus and response is

- A) agility.
- B) speed.
- C) power.
- D) reaction time.

Answer: <https://biology-forums.com/index.php?topic=338644>

Question 452

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 453

Americans consume approximately what percentage of the oil used globally each year?

- A) 10%
- B) 25%
- C) 35%
- D) 50%

Answer: <https://biology-forums.com/index.php?topic=339985>

Question 454

Overweight is defined as a BMI of

- A) 16 to 18.4
- B) 18.5 to 24.9
- C) 25 to 29.9

D) >30

Answer: <https://biology-forums.com/index.php?topic=339397>

Question 455

Learning a second language is most likely to improve _____ wellness.

- A) emotional
- B) intellectual
- C) spiritual
- D) physical

Answer: <https://biology-forums.com/index.php?topic=338518>

Question 456

Which of the following is a group of lung diseases?

- A) emphysema
- B) asthma
- C) chronic obstructive pulmonary disease
- D) chronic bronchitis

Answer: <https://biology-forums.com/index.php?topic=339749>

Question 457

Which CAM modality employs manipulation of body structures (primarily the spine) to preserve and restore health?

- A) chiropractic medicine
- B) acupressure
- C) homeopathic medicine
- D) acupuncture

Answer: <https://biology-forums.com/index.php?topic=339979>

Question 458

_____ and _____ put an individual at greatest risk for cardiovascular disease.

- A) A low BMI; a high waist circumference
- B) A high BMI; a high waist circumference
- C) A high waist circumference; a high waist-to-hip ratio
- D) A high BMI; a high waist-to-hip ratio

Answer: <https://biology-forums.com/index.php?topic=339181>

Question 459

Which of the following is a benefit of maintaining a good level of flexibility?

- A) decreased level of body fat
- B) increased muscular strength
- C) prevention of low back pain
- D) decreased risk of diabetes

Answer: <https://biology-forums.com/index.php?topic=338631>

Question 460

An eating disorder characterized by bouts of binge eating followed by purging, laxative abuse, or excessive exercise is known as

- A) anorexia nervosa.
- B) bulimia nervosa.
- C) body dysmorphic disorder.
- D) binge eating disorder.

Answer: <https://biology-forums.com/index.php?topic=339474>

Question 461

A vitamin that is important in maintenance of vision is

- A) vitamin A.
- B) vitamin D.
- C) vitamin C.
- D) vitamin E.

Answer: <https://biology-forums.com/index.php?topic=339321>

Question 462

Which is true regarding the effect of weight training in women compared with men?

- A) greater gains in muscle size than men
- B) increase in strength and muscle endurance through strength training, just as men
- C) greater gains in testosterone than men
- D) no benefit for women

Answer: <https://biology-forums.com/index.php?topic=338942>

Question 463

In which lung disease do air passages to and within the lungs "overreact" to smoke or other triggers?

- A) emphysema
- B) chronic bronchitis
- C) lung cancer
- D) asthma

Answer: <https://biology-forums.com/index.php?topic=339750>

Question 464

The most common way that hepatitis B is transmitted is via

- A) sexual contact.
- B) the HSV-2 virus.
- C) sharing needles with an infected person.
- D) from an infected mother to a newborn.

Answer: <https://biology-forums.com/index.php?topic=339921>

Question 465

To counter a lack of motivation, you should choose exercise that is

- A) challenging and repetitive.
- B) fun and convenient.
- C) easy and low-impact.
- D) risky and impressive.

Answer: <https://biology-forums.com/index.php?topic=338737>

Question 466

_____ and _____ fats can cause an increase in blood cholesterol levels.

- A) Saturated; monounsaturated
- B) Monounsaturated; trans
- C) Trans; saturated
- D) HDL; trans

Answer: <https://biology-forums.com/index.php?topic=339699>

Question 467

Smokers have a _____% greater risk for cardiovascular disease than nonsmokers.

- A) 70
- B) 50
- C) 20
- D) 60

Answer: <https://biology-forums.com/index.php?topic=339696>

Question 468

The aging theory that postulates that from birth, our cells are genetically programmed to divide or reproduce a limited number of times, 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=339950>

Question 469

What test is a measure of flexibility of lower back, hip, and hamstring muscles?

Answer: <https://biology-forums.com/index.php?topic=339135>

Question 470

Which of the following is a traditional Indian medicine?

- A) chiropractic
- B) acupuncture
- C) homeopathy
- D) Ayurveda

Answer: <https://biology-forums.com/index.php?topic=339975>

Question 471

A disturbed pattern of eating, dieting, and perceptions of body image that lead to medical issues is known as

- A) anorexia nervosa.
- B) disordered eating.
- C) an eating disorder.
- D) body dysmorphic disorder.

Answer: <https://biology-forums.com/index.php?topic=339470>

Question 472

Which of the following increases a woman's risk for osteoporosis?

- A) weighing less than 110 lbs
- B) taking in adequate amounts of calcium and vitamin D
- C) performing weight-bearing exercise
- D) being pre-menopausal

Answer: <https://biology-forums.com/index.php?topic=339764>

Question 473

One's baseline energy use plus the energy expended in digesting food is known as

- A) resting metabolic rate.
- B) basal metabolic rate.
- C) set point.
- D) energy balance.

Answer: <https://biology-forums.com/index.php?topic=339490>

Question 474

Smooth tissue that cushions the ends of bones is known as

- A) cartilage.
- B) ligaments.
- C) joint capsule.
- D) bursae.

Answer: <https://biology-forums.com/index.php?topic=339045>

Question 475

_____ cancer is most common for males between the ages of 20 and 34.

- A) Testicular
- B) Prostate
- C) Rectal
- D) Lung

Answer: <https://biology-forums.com/index.php?topic=339811>

Question 476

One's baseline rate of energy use, dictated by the body's collective metabolic activities, is known as

- A) resting metabolic rate.
- B) basal metabolic rate.
- C) set point.
- D) energy balance.

Answer: <https://biology-forums.com/index.php?topic=339488>

Question 477

Small genital warts can usually be treated with

- A) cryosurgery.
- B) surgical excision.
- C) topical drugs.
- D) vaccine.

Answer: <https://biology-forums.com/index.php?topic=339917>

Question 478

Atypical, abnormal food consumption that diminishes wellness but is not long-lived is known as

- A) anorexia nervosa.
- B) disordered eating.
- C) an eating disorder.
- D) body dysmorphic disorder.

Answer: <https://biology-forums.com/index.php?topic=339468>

Question 479

The term for an element that the body needs in very tiny amounts is what?

Answer: <https://biology-forums.com/index.php?topic=339386>

Question 480

Which of the following is an internal factor that causes cancer?

- A) ultraviolet radiation
- B) immunological conditions
- C) tar in cigarette smoke
- D) viruses

Answer: <https://biology-forums.com/index.php?topic=339792>

Question 481

Which cancer is specifically linked to a high BMI?

- A) kidney cancer
- B) leukemia
- C) lung cancer
- D) melanoma

Answer: <https://biology-forums.com/index.php?topic=339444>

Question 482

A state in which the amount of calories consumed in food is approximately the same as the amount of calories expended through metabolism and physical activity is known as what?

Answer: <https://biology-forums.com/index.php?topic=339516>

Question 483

The current USDA "ChooseMyPlate.gov" website

- A) uses a 2,000 calorie diet as the basis for recommendations.
- B) gives specific serving guides for each food group.
- C) provides specific daily food recommendations based on your sex, size, age, and activity level.
- D) fails to emphasize the role of exercise in wellness.

Answer: <https://biology-forums.com/index.php?topic=339305>

Question 484

Which of the following is known as "good cholesterol"?

- A) LDL
- B) CVD
- C) HDL
- D) MI

Answer: <https://biology-forums.com/index.php?topic=339702>

Question 485

The Recommended Dietary Allowance (RDA) for sodium is

- A) 2300 mg or less per day.

- B) 2800 mg or less per day.
- C) 3000 mg or less per day.
- D) 3500 mg or less per day.

Answer: <https://biology-forums.com/index.php?topic=339337>

Question 486

Which of the following statements about sarcomas is true?

- A) Sarcomas grow slower than carcinomas.
- B) Sarcomas grow faster than carcinomas.
- C) Sarcomas grow at the same rate as lymphomas.
- D) Sarcomas are the slowest growing form of cancer.

Answer: <https://biology-forums.com/index.php?topic=339788>

Question 487

The American College of Sports Medicine (ACSM) recommends that advanced weight lifters aiming to improve maximum muscular strength perform resistance exercises

- A) 2-4 days per week, at 50-70% 1RM, for 10-15 reps.
- B) 2-5 days per week, at >80% 1RM, for 1-6 reps.
- C) 2-3 days per week, at 60-70% 1RM, for 8-12 reps.
- D) 2-4 days per week, at 30-80% 1RM, for 10-25 reps.

Answer: <https://biology-forums.com/index.php?topic=338979>

Question 488

One weight-loss supplement that has been banned in the U.S. is

- A) ephedra.
- B) creatine.
- C) potassium.
- D) leptin.

Answer: <https://biology-forums.com/index.php?topic=339464>

Question 489

A good source of complex carbohydrate includes

- A) carrots.
- B) beets.
- C) squash.
- D) grapes.

Answer: <https://biology-forums.com/index.php?topic=339280>

Question 490

The Patient Protection and Affordable Care Act of 2010 extended the time that students can remain on their parents' health plan to age

- A) 23
- B) 26
- C) 30
- D) 32

Answer: <https://biology-forums.com/index.php?topic=339980>

Question 491

A common symptom of uncontrolled diabetes is

- A) excessive thirst.
- B) joint pain.
- C) fractured bones.
- D) difficulty breathing.

Answer: <https://biology-forums.com/index.php?topic=339737>

Question 492

The fourth leading cause of death in the United States is _____.

- A) cardiovascular disease
- B) chronic obstructive pulmonary disease
- C) cancer
- D) diabetes

Answer: <https://biology-forums.com/index.php?topic=339742>

Question 493

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 494

An egg-shaped chamber that uses air displacement to determine total body volume, total body density, and percent body fat is known as what?

Answer: <https://biology-forums.com/index.php?topic=339244>

Question 495

During the specific cool-down, you should

- A) perform a less vigorous form of the activity done during your workout.
- B) try to lower your body temperature quickly.
- C) stretch the muscle groups worked during the activity.
- D) keep the heart rate elevated as much as possible.

Answer: <https://biology-forums.com/index.php?topic=338705>

Question 496

Moderate physical activity _____ risk for cardiovascular disease.

- A) increases
- B) decreases
- C) has no effect on
- D) is less effective than exercise for decreasing

Answer: <https://biology-forums.com/index.php?topic=339705>

Question 497

Successful weight loss can be best accomplished by

- A) using supplements.
- B) making small dietary changes over time.
- C) adhering to short-term diets.
- D) decreasing energy expenditure.

Answer: <https://biology-forums.com/index.php?topic=339400>

Question 498

The process of revealing one's inner thoughts, feelings, and beliefs to another person is known as

- A) active listening.
- B) commitment.
- C) self-care.
- D) self-disclosure.

Answer: <https://biology-forums.com/index.php?topic=339967>

Question 499

A disease risk assessment using height and weight is

- A) BMI.
- B) bone mineral density.
- C) flexibility.
- D) skinfold thickness.

Answer: <https://biology-forums.com/index.php?topic=339166>

Question 500

A common physiological reaction to excessive drinking that includes headache, upset stomach, and anxiety is known as what?

Answer: <https://biology-forums.com/index.php?topic=339891>

Question 501

Muscle spindles trigger the muscle to

- A) lengthen.
- B) relax.
- C) contract.
- D) remain fixed.

Answer: <https://biology-forums.com/index.php?topic=339057>

Question 502

Which of the following would help motivate someone to use condoms consistently?

- A) being coerced by a partner to have unprotected sex
- B) not having a condom readily available
- C) disliking condoms
- D) fear of pregnancy

Answer: <https://biology-forums.com/index.php?topic=339939>

Question 503

April is stretching her shoulder by extending her arm up and slowly rotating it back until she experiences mild discomfort. She then holds that position for 30 seconds. By this description, April is performing

- A) static stretching.
- B) PNF stretching.
- C) dynamic stretching.
- D) ballistic stretching.

Answer: <https://biology-forums.com/index.php?topic=339081>

Question 504

Anabolic steroids are primarily used in an attempt to

- A) produce euphoria.
- B) create intoxicating effects.
- C) promote muscle growth and strength.
- D) relieve stress.

Answer: <https://biology-forums.com/index.php?topic=339886>

Question 505

Which of the following is classified as Stage 1 hypertension?

- A) 120/80
- B) 139/89
- C) 140/90
- D) 160/100

Answer: <https://biology-forums.com/index.php?topic=339681>

Question 506

Which of the following would typically have the highest concentration of alcohol?

- A) 12 oz. of light beer
- B) 12 oz. of regular beer
- C) 4 oz. of wine
- D) cocktail with 1 oz. of alcohol

Answer: <https://biology-forums.com/index.php?topic=339853>

Question 507

Effects of nicotine exposure include

- A) an aroused alert mental state.
- B) decreased adrenaline production.
- C) decreased heart rate.
- D) dilation of blood vessels.

Answer: <https://biology-forums.com/index.php?topic=339864>

Question 508

Osteoarthritis involves breakdown of the _____.

- A) bones
- B) cardiovascular system
- C) cartilage
- D) muscles

Answer: <https://biology-forums.com/index.php?topic=339769>

Question 509

Which of the following lifestyle choices reduces cancer risk?

- A) limiting exposure to ultraviolet radiation
- B) increasing calcium consumption
- C) smoking
- D) working in a petroleum refinery

Answer: <https://biology-forums.com/index.php?topic=339783>

Question 510

Plaques are defined as

- A) hardened arteries.
- B) accumulated waxy debris in arteries.
- C) high blood pressure.
- D) narrow arteries.

Answer: <https://biology-forums.com/index.php?topic=339656>

Question 511

An open sore located at the site of a syphilis infection is known as what?

Answer: <https://biology-forums.com/index.php?topic=339944>

Question 512

The root cause of delayed onset muscle soreness is

- A) accumulated lactic acid in the muscle.
- B) microdamage to muscles.
- C) inflexibility.
- D) dehydration.

Answer: <https://biology-forums.com/index.php?topic=338983>

Question 513

When hydrogen atoms are added to an unsaturated oil to cause more complete saturation, it produces

- A) polyunsaturated fatty acids.
- B) trans fats.
- C) triglycerides.
- D) omega-6 fatty acids.

Answer: <https://biology-forums.com/index.php?topic=339297>

Question 514

The fluid portion of blood is which of the following?

- A) lactic acid
- B) mitochondria
- C) plasma
- D) hemoglobin

Answer: <https://biology-forums.com/index.php?topic=338831>

Question 515

In severe cases, an individual's response to stress may develop into

- A) an autoimmune disorder.
- B) Parkinson's disease.
- C) post-traumatic stress disorder.
- D) leukemia.

Answer: <https://biology-forums.com/index.php?topic=339568>

Question 516

Challenges faced especially by older adults include

- A) environmental issues.
- B) transportation issues.
- C) relationship issues.
- D) STIs.

Answer: <https://biology-forums.com/index.php?topic=339960>

Question 517

People who successfully maintain their weight over time tend to

- A) skip meals.
- B) average an hour of physical activity daily.
- C) drink high amounts of sweetened juices.
- D) eat a diet high in protein.

Answer: <https://biology-forums.com/index.php?topic=339502>

Question 518

A pattern of losing/gaining weight is known as

- A) anorexia nervosa
- B) weight cycling
- C) satiety
- D) positive caloric balance

Answer: <https://biology-forums.com/index.php?topic=339458>

Question 519

Repeated long-term use of alcohol has been associated with

- A) stomach cancer.
- B) lung cancer.
- C) melanoma.
- D) colon cancer.

Answer: <https://biology-forums.com/index.php?topic=339855>

Question 520

One's family of origin is

- A) the people present in one's household during one's first years of life.
- B) one's parents.
- C) one's grandparents.
- D) all people genetically related to a person.

Answer: <https://biology-forums.com/index.php?topic=339963>

Question 521

The Harvard Medical School pyramid recommends minimizing the consumption of

- A) nuts.
- B) refined carbohydrates.
- C) plant oils.
- D) whole wheat flour.

Answer: <https://biology-forums.com/index.php?topic=339365>

Question 522

A good source of fiber (indigestible carbohydrate) includes

- A) eggs.
- B) dried beans.
- C) white bread.
- D) chicken.

Answer: <https://biology-forums.com/index.php?topic=339284>

Question 523

Your recommended BMI will tend to be on the lower end of the range if

- A) you have a large amount of muscle.
- B) you have a low body fat percentage.
- C) you have a large frame size.
- D) you have a small frame size.

Answer: <https://biology-forums.com/index.php?topic=339494>

Question 524

A factor that influences environmental wellness is

- A) overconsumption of natural resources.
- B) a shift to complementary and alternative medicine.
- C) active listening.
- D) health care reform.

Answer: <https://biology-forums.com/index.php?topic=339984>

Question 525

What is the minimum number of seconds one should hold a stretch?

Answer: <https://biology-forums.com/index.php?topic=339137>

Question 526

Humans are made up of approximately _____% water.

- A) 40
- B) 50
- C) 60
- D) 70

Answer: <https://biology-forums.com/index.php?topic=339354>

Question 527

The breaking off and migration of malignant cancer cells from one area of the body to another is known as what?

Answer: <https://biology-forums.com/index.php?topic=339832>

Question 528

Creatine phosphate is stored in

- A) the liver.
- B) adipose tissue.
- C) the alveoli.
- D) muscles.

Answer: <https://biology-forums.com/index.php?topic=338801>

Question 529

People under stress often

- A) sleep too much.
- B) use sugar to alter energy levels.
- C) eat low-calorie foods.
- D) have a well-balanced diet.

Answer: <https://biology-forums.com/index.php?topic=339261>

Question 530

The lower respiratory tract consists of

- A) the larynx, trachea, and bronchi.
- B) the lower trachea, bronchi, and bronchioles.
- C) the pharynx, lower trachea, and bronchioles.
- D) the bronchi, bronchioles, and alveoli.

Answer: <https://biology-forums.com/index.php?topic=338771>

Question 531

The DASH diet recommends increased intake of

- A) sodium.
- B) foods high in sugar.
- C) fruits and vegetables.

D) saturated fats.

Answer: <https://biology-forums.com/index.php?topic=339714>

Question 532

What major factor contributes to overconsumption of sweets, sodas and fruit drinks, alcoholic beverages, and salty snacks?

- A) the high nutritional quality of these foods
- B) advertising
- C) high prices
- D) genetics

Answer: <https://biology-forums.com/index.php?topic=339416>

Question 533

You have learned that your 12-year-old cousin has been sniffing rubber cement to get high. In this situation, the rubber cement may be classified as

- A) an opiate.
- B) a designer drug.
- C) an inhalant.
- D) an anesthetic.

Answer: <https://biology-forums.com/index.php?topic=339888>

Question 534

Hypertrophy is a physiological change resulting from resistance training that involves which of the following?

- A) increased muscle cross-sectional area
- B) decreased body fat
- C) increased tendon strength
- D) decreased insulin sensitivity

Answer: <https://biology-forums.com/index.php?topic=338940>

Question 535

To lose weight, an individual should strive to achieve

- A) negative caloric balance.
- B) positive caloric balance.
- C) isocaloric balance.
- D) energy balance.

Answer: <https://biology-forums.com/index.php?topic=339482>

Question 536

The physiological reaction induced by nervous and hormonal signals that readies the heart, muscles, and other organs and systems in ways that promote survival is called

- A) fight-or-flight response.
- B) distress.
- C) allostasis.
- D) eustress.

Answer: <https://biology-forums.com/index.php?topic=339545>

Question 537

The pressure that blood exerts on the walls of your blood vessels is known as

- A) diastole.
- B) systole.
- C) peristole.
- D) blood pressure.

Answer: <https://biology-forums.com/index.php?topic=338797>

Question 538

Which of the following is a risk factor predisposing a person for overweight and obesity?

- A) low education level
- B) high income
- C) being an adult white female
- D) living during prosperous economic times

Answer: <https://biology-forums.com/index.php?topic=339434>

Question 539

In terms of appropriate frequency, schedule resistance workouts at least _____ day(s) apart.

- A) 1
- B) 2
- C) 3
- D) 4

Answer: <https://biology-forums.com/index.php?topic=338981>

Question 540

Cardiorespiratory fitness

- A) improves self-esteem.
- B) reduces immune system function.
- C) lowers metabolic rate.
- D) makes it more difficult to control body composition

Answer: <https://biology-forums.com/index.php?topic=338837>

Question 541

If gonorrhea is transmitted from an infected mother to her newborn baby, it can cause _____ in the newborn.

- A) cancer
- B) heart disease
- C) eye infection
- D) death

Answer: <https://biology-forums.com/index.php?topic=339901>

Question 542

Which of the following is a symptom of chronic bronchitis?

- A) increased mucus
- B) excessive thirst
- C) loss of consciousness
- D) stooped posture

Answer: <https://biology-forums.com/index.php?topic=339752>

Question 543

Hypertension can cause which of the following?

- A) blood vessel damage
- B) obesity
- C) diabetes
- D) low blood pressure

Answer: <https://biology-forums.com/index.php?topic=339677>

Question 544

Excessive protein should be avoided during a pre-game or pre-workout meal because

- A) it takes longer to digest.
- B) it can lead to decreased urination.
- C) it can cause a surge in insulin.
- D) it can lead to an accelerated heartbeat.

Answer: <https://biology-forums.com/index.php?topic=339376>

Question 545

Which of the following is a role of sodium in the body?

- A) regulating the water contents of blood and body fluids
- B) bone development
- C) maintenance of teeth
- D) blood clotting

Answer: <https://biology-forums.com/index.php?topic=339335>

Question 546

The general adaptation syndrome describes how the body

- A) maintains homeostasis through stressful situations.
- B) functions when the fight-or-flight mechanism has been deactivated.
- C) responds to stress when homeostasis is disrupted.
- D) transitions from an alert state to deep sleep.

Answer: <https://biology-forums.com/index.php?topic=339549>

Question 547

What would cause a beginning exerciser to experience weight gain without an accompanied increase in storage fat?

- A) an increase in muscle tissue
- B) an ineffective exercise regimen
- C) an increase in adipose tissue
- D) not performing enough sit-ups

Answer: <https://biology-forums.com/index.php?topic=339163>

Question 548

The number of overweight children and adolescents _____ from the mid-1970s to 2008.

- A) increased by 3%
- B) increased by 12%
- C) decreased by 5%
- D) remained the same

Answer: <https://biology-forums.com/index.php?topic=339160>

Question 549

SMART goals are

- A) sensible, meaningful, action-oriented, realistic, and targeted.
- B) specific, measurable, action-oriented, realistic, and time-oriented.
- C) specific, meaningful, aerobic, rigorous, and targeted.
- D) strategic, measurable, advanced, realistic, and time-oriented.

Answer: <https://biology-forums.com/index.php?topic=338855>

Question 550

Mandy is 23 years old and has a resting heart rate of 70 beats per minute. Based on this information, her predicted HRmax would be

- A) 176 beats per minute.
- B) 185 beats per minute.
- C) 190 beats per minute.
- D) 197 beats per minute.

Answer: <https://biology-forums.com/index.php?topic=338853>

Question 551

Improvements in self-esteem, health, and life satisfaction as a result of exercising are an example of what kind of reward?

Answer: <https://biology-forums.com/index.php?topic=338757>

Question 552

Stored adenosine triphosphate (ATP) in the muscle is used in the _____ energy system.

- A) immediate
- B) delayed
- C) aerobic
- D) anaerobic

Answer: <https://biology-forums.com/index.php?topic=338805>

Question 553

The most common type of muscle contraction encountered with most exercises is _____, meaning the contraction proceeds at a consistent muscle tension while the body part moves through its range of motion.

- A) isotonic
- B) isokinetic
- C) isometric
- D) eccentric

Answer: <https://biology-forums.com/index.php?topic=338929>

Question 554

The people present in one's household during the first years of life are known as what?

Answer: <https://biology-forums.com/index.php?topic=339998>

Question 555

The term for an abnormally slow heartbeat is what?

Answer: <https://biology-forums.com/index.php?topic=339715>

Question 556

Which nutrient makes up antibodies that protect us from disease, assists with building and repair of bone and skin, and helps to transport oxygen?

- A) fat
- B) carbohydrate
- C) protein
- D) vitamins

Answer: <https://biology-forums.com/index.php?topic=339265>

Question 557

Activities at the top of the physical activity pyramid represent

- A) activities that are the most important to improving fitness.
- B) activities related to flexibility training.
- C) activities that are the most vigorous in nature.
- D) activities that you should spend the least amount of time on.

Answer: <https://biology-forums.com/index.php?topic=338675>

Question 558

An increase in Earth's overall temperature is known as what?

Answer: <https://biology-forums.com/index.php?topic=340001>

Question 559

Health experts predict that over the next 50 years the number of adults with Alzheimer's disease could

- A) triple.
- B) double.
- C) stay the same.
- D) decline by 10%.

Answer: <https://biology-forums.com/index.php?topic=339995>

Question 560

Which treatment for cancer is most likely to cause nausea, as a result of damage to rapidly dividing digestive-tract cells?

- A) surgery
- B) immunotherapy
- C) gene therapy
- D) chemotherapy

Answer: <https://biology-forums.com/index.php?topic=339829>

Question 561

Disruption of an individual's "normal" physiological state due to an event or circumstance is known as

- A) stress.
- B) homeostasis.
- C) cognitive coping.
- D) appraisal.

Answer: <https://biology-forums.com/index.php?topic=339520>

Question 562

Cellular structures where oxidative energy production takes place are known as

- A) alveoli.
- B) capillaries.
- C) nuclei.
- D) mitochondria.

Answer: <https://biology-forums.com/index.php?topic=338817>

Question 563

Stationary cycling at a moderate level would be equivalent to approximately _____ METS.

- A) 1
- B) 4
- C) 7
- D) 10

Answer: <https://biology-forums.com/index.php?topic=338623>

Question 564

Which of the following is typical of diastolic blood pressure?

- A) it declines after age 55
- B) it declines until age 55
- C) it increases after age 55
- D) it remains constant throughout life

Answer: <https://biology-forums.com/index.php?topic=339671>

Question 565

ACSM recommends that adults perform at least _____ minutes of moderate physical activity per week.

- A) 60
- B) 90
- C) 120
- D) 150

Answer: <https://biology-forums.com/index.php?topic=338550>

Question 566

In a healthy 10-year-old, arterial walls are _____ and _____.

- A) weak; thin
- B) strong; elastic
- C) thin; tight
- D) strong; tight

Answer: <https://biology-forums.com/index.php?topic=339652>

Question 567

Which of the following is a result of regular exercise among older adults?

- A) decreased responses to sensory stimuli
- B) reduced levels of growth factors
- C) greater brain volume
- D) decline in growth of nerve and brain tissue

Answer: <https://biology-forums.com/index.php?topic=339994>

Question 568

Damage to muscle or tendon fibers due to injury or overtraining is known as

- A) strain.
- B) sprain.
- C) shin splints.
- D) plantar fasciitis.

Answer: <https://biology-forums.com/index.php?topic=338875>

Question 569

The simultaneous changes that occur in the body to maintain homeostasis are called

- A) distress.
- B) allostasis.
- C) homeostatic balance.
- D) general adaptation syndrome.

Answer: <https://biology-forums.com/index.php?topic=339558>

Question 570

Alcohol use becomes alcohol abuse when

- A) a male drinks two alcoholic beverages per day.
- B) it negatively affects social and family relationships.
- C) it decreases respiratory rate.
- D) a female drinks one alcoholic beverage per day.

Answer: <https://biology-forums.com/index.php?topic=339858>

Question 571

Gas exchange (the delivery of oxygen and the removal of carbon dioxide) in the lungs takes place in the

- A) alveoli.
- B) bronchioles.
- C) aorta.
- D) right atrium.

Answer: <https://biology-forums.com/index.php?topic=338773>

Question 572

Which of the following food additives is most associated with an increased risk for cancer?

- A) calcium
- B) sodium nitrate
- C) potassium
- D) sodium chloride

Answer: <https://biology-forums.com/index.php?topic=339819>

Question 573

_____ % of the sexually active population is over the age of 24.

- A) 25
- B) 75
- C) 50
- D) 40

Answer: <https://biology-forums.com/index.php?topic=339895>

Question 574

The best way to avoid the Valsalva maneuver is

- A) to exhale as you perform a lift.
- B) to inhale while exerting yourself.
- C) to hold your breath while performing a lift.
- D) to wear a weight belt.

Answer: <https://biology-forums.com/index.php?topic=338999>

Question 575

Which of the following best illustrates the principle of water displacement?

- A) Muscle is a better conductor of an electrical current than fat.
- B) Body weight is the sole factor determining how much a person weighs underwater.
- C) Denser objects sink while lighter objects float.
- D) Fat contains more water than lean tissue.

Answer: <https://biology-forums.com/index.php?topic=339214>

Question 576

Quick weight loss results in a loss of

- A) water.
- B) fat.
- C) blood.
- D) self-esteem.

Answer: <https://biology-forums.com/index.php?topic=339222>

Question 577

Adaptation is defined as

- A) the ability of muscles to exert force.
- B) subjecting a muscle to more activity than it is used to.
- C) a change in the body as a result of overload.

D) the ability to perform motor tasks smoothly.

Answer: <https://biology-forums.com/index.php?topic=338652>

Question 578

_____ is a component of spiritual wellness.

- A) Proper nutrition
- B) Altruism
- C) Intelligence
- D) Physical activity

Answer: <https://biology-forums.com/index.php?topic=338525>

Question 579

Infections of the urethra or bladder caused by microorganisms are known as

- A) candidiasis.
- B) trichomoniasis.
- C) pelvic inflammatory disease.
- D) urinary tract infections.

Answer: <https://biology-forums.com/index.php?topic=339936>

Question 580

A condition of diminished bone mass is called

- A) osteopenia.
- B) arthritis.
- C) osteoarthritis.
- D) osteogenesis.

Answer: <https://biology-forums.com/index.php?topic=339755>

Question 581

A brief interruption of the blood supply to the brain that causes only temporary dizziness, weakness, paralysis, numbness, or other symptoms and that often precedes a major stroke is known as what?

Answer: <https://biology-forums.com/index.php?topic=339717>

Question 582

A disorder in which the body's immune system creates antibodies that attack the person's own living cells is classified as which kind of disease?

Answer: <https://biology-forums.com/index.php?topic=339779>

Question 583

Sarah is a gymnast. Normally she performs stretch-and-hold movements prior to her routine. Based on her sport, Sarah might also benefit from incorporating _____ into her warm-up.

- A) static stretching
- B) passive stretching
- C) ballistic stretching
- D) PNF stretching

Answer: <https://biology-forums.com/index.php?topic=339093>

Question 584

Which of the following is the best assessment for indicating disease risk?

- A) waist-to-hip ratio
- B) waist circumference
- C) hydrostatic weighing
- D) skinfold thickness

Answer: <https://biology-forums.com/index.php?topic=339187>

Question 585

Hardening or stiffening of the arteries as plaque accumulates at injury sites in the inner linings of the arteries is known as

- A) myocardial infarction.
- B) arterial stenosis.
- C) metabolic syndrome.
- D) atherosclerosis.

Answer: <https://biology-forums.com/index.php?topic=339669>

Question 586

An audible sound based on an irregular heart valve that allows turbulent blood flow through the heart is known as

- A) a stroke.
- B) a heart murmur.
- C) a transient ischemic attack.
- D) a plaque.

Answer: <https://biology-forums.com/index.php?topic=339691>

Question 587

Damage to ligaments or joint structures due to acute injury is known as

- A) strain.
- B) sprain.
- C) shin splints.
- D) plantar fasciitis.

Answer: <https://biology-forums.com/index.php?topic=338877>

Question 588

Which virus is generally associated with cold sores?

- A) HSV-1
- B) HSV-2
- C) HPV
- D) HBV

Answer: <https://biology-forums.com/index.php?topic=339910>

Question 589

The most important factor to keep in mind when losing weight is

- A) your current body weight.
- B) how much weight you have lost.
- C) your overall percentage of body fat
- D) how you look in the mirror.

Answer: <https://biology-forums.com/index.php?topic=339410>

Question 590

According to the U.S. Department of Agriculture, Americans consume an average of approximately _____ calories more per day now than they did in 1970.

- A) 100
- B) 300
- C) 500
- D) 1,000

Answer: <https://biology-forums.com/index.php?topic=339412>

Question 591

Andrew performs a few line sprints and high-knee runs and completes his workout by hopping quickly through a variety of foot patterns. What are these exercises known as?

Answer: <https://biology-forums.com/index.php?topic=339023>

Question 592

Skeletal muscles taper at the ends to form _____, which attach muscles to bones.

- A) ligaments
- B) myofibrils
- C) tendons
- D) fibers

Answer: <https://biology-forums.com/index.php?topic=338913>

Question 593

_____ causes the body's immune system to attack the joints.

- A) Osteoarthritis

- B) Rheumatoid arthritis
- C) Synovial fluid
- D) Lupus

Answer: <https://biology-forums.com/index.php?topic=339771>

Question 594

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 595

Foods that typically make you feel full and keep you satisfied longer

- A) contain more fat than protein.
- B) are higher in refined carbohydrates.
- C) consist of higher amounts of fiber.
- D) are lower in water content.

Answer: <https://biology-forums.com/index.php?topic=339368>

Question 596

Recent research has shown that most Americans are

- A) physically active.
- B) physically inactive.
- C) healthy.
- D) underweight.

Answer: <https://biology-forums.com/index.php?topic=338556>

Question 597

When dealing with an episode of acute back pain, it is recommended that you

- A) apply ice for 2-3 days after an injury.
- B) avoid activities.
- C) get complete bed rest for 3-4 days.
- D) see a doctor immediately.

Answer: <https://biology-forums.com/index.php?topic=339134>

Question 598

Which type of sprain involves a complete tearing or rupturing of the ligament or joint structures?

Answer: <https://biology-forums.com/index.php?topic=338895>

Question 599

Which of the following is an example of plyometric exercise?

- A) arm raises using resistance bands
- B) box jumps
- C) stability ball sit-ups
- D) yoga poses

Answer: <https://biology-forums.com/index.php?topic=338968>

Question 600

Omega-6 fatty acids have double-bonded carbons at

- A) 2 sites.
- B) 3 sites.
- C) 5 sites.
- D) 6 sites.

Answer: <https://biology-forums.com/index.php?topic=339300>

Question 601

_____ causes bones to become thin.

- A) Cancer
- B) Osteoporosis
- C) Cardiovascular disease
- D) Arthritis

Answer: <https://biology-forums.com/index.php?topic=339754>

Question 602

With training, resting heart rate decreases. This is primarily the result of

- A) an increase in stroke volume.
- B) an increase in diastolic blood pressure.
- C) an increase in triglycerides.
- D) an increase in metabolic rate.

Answer: <https://biology-forums.com/index.php?topic=338843>

Question 603

Hepatitis, which can be transmitted through use of contaminated intravenous (IV) needles, can increase the risk of _____ cancer.

- A) lung
- B) skin
- C) liver
- D) lymphatic

Answer: <https://biology-forums.com/index.php?topic=339818>

Question 604

The cellular form of energy is known as

- A) adenosine triphosphate (ATP).
- B) adenosine diphosphate (ADP).
- C) creatine phosphate.
- D) glucose.

Answer: <https://biology-forums.com/index.php?topic=338799>

Question 605

Which means of HIV transmission occurred in some people primarily before 1985, at which time measures were taken to prevent it?

- A) sexual intercourse
- B) an infected mother passing the virus through the placenta to her unborn baby
- C) blood transfusion
- D) sharing of contaminated needles

Answer: <https://biology-forums.com/index.php?topic=339925>

Question 606

What percentage of adult Americans is considered obese?

- A) 11%
- B) 22%
- C) 33%
- D) 55%

Answer: <https://biology-forums.com/index.php?topic=339390>

Question 607

Performing a high volume of static stretching before exercise can

- A) reduce power.
- B) increase muscle strength.
- C) increase the chance of getting injured.
- D) increase incidence of low back pain.

Answer: <https://biology-forums.com/index.php?topic=339077>

Question 608

Essential nutrients are

- A) nutrients that can only be manufactured in the body.
- B) nutrients that can only be obtained from the diet.
- C) nutrients that must always be available in the body in order for it to sustain life.
- D) nutrients that can only be obtained from nutritional supplements.

Answer: <https://biology-forums.com/index.php?topic=339263>

Question 609

Cancer is localized and often treatable when it is in

- A) Stage 2.
- B) Stage 3.
- C) Stage 1.
- D) Stage 4.

Answer: <https://biology-forums.com/index.php?topic=339793>

Question 610

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 611

The stage of syphilis in which *T. pallidum* begins to invade body organs is known as what?

Answer: <https://biology-forums.com/index.php?topic=339943>

Question 612

Which of the following is an example of a general warm-up?

- A) walking on a treadmill for 5-10 minutes
- B) moving limbs through specific range of motion used in resistance exercises
- C) stretches performed after a weight training session
- D) stretches performed before a weight training session

Answer: <https://biology-forums.com/index.php?topic=338995>

Question 613

Which of the following occurs as a result of the fight-or-flight response?

- A) constriction of pupils
- B) increase in digestion
- C) increase in respiration
- D) decrease in perspiration

Answer: <https://biology-forums.com/index.php?topic=339547>

Question 614

The "10 percent rule" states that you should

- A) expect to lose 10 pounds per week.
- B) not increase frequency, intensity, or time by more than 10% per week.
- C) increase weights by 10% each week for maximum results.
- D) have resistance exercises account for 10% of your workout routine.

Answer: <https://biology-forums.com/index.php?topic=338993>

Question 615

Which of the following is an example of a speed and agility drill?

- A) line sprints
- B) push-ups
- C) bench press
- D) stability ball routine

Answer: <https://biology-forums.com/index.php?topic=338976>

Question 616

Men over 45 and women over 55 should obtain _____ before beginning an exercise program.

- A) a personal trainer
- B) permission from their doctor
- C) a fitness magazine

D) life insurance

Answer: <https://biology-forums.com/index.php?topic=338720>

Question 617

An example of hypnosis would be

- A) implanting a suggestion to lessen one's phobia of snakes.
- B) monitoring a person's brain activity.
- C) sitting quietly and focusing on breathing for 15 to 30 minutes.
- D) lying down in a comfortable place for 10 to 20 minutes and gradually letting go of accumulated stiffness and tension.

Answer: <https://biology-forums.com/index.php?topic=339622>

Question 618

Which mineral is a component of hemoglobin?

- A) calcium
- B) sodium
- C) iron
- D) zinc

Answer: <https://biology-forums.com/index.php?topic=339344>

Question 619

To grow, a malignant tumor needs _____ and _____.

- A) oxygen; nutrients
- B) tissue; cells
- C) capillaries; skin
- D) carcinogens; oxygen

Answer: <https://biology-forums.com/index.php?topic=339786>

Question 620

Most skin cancer deaths are caused by

- A) basal cell carcinomas.
- B) malignant melanomas.
- C) squamous cell carcinomas.
- D) sarcomas.

Answer: <https://biology-forums.com/index.php?topic=339796>

Question 621

Americans spend more than \$86 billion each year treating symptoms of which condition?

- A) lower-back pain
- B) muscle sprain
- C) tendon rupture
- D) bone fractures

Answer: <https://biology-forums.com/index.php?topic=339109>

Question 622

Which cost of cardiovascular disease is expected to increase to \$276 billion by 2030?

- A) hospitalization
- B) nursing home care
- C) loss of job productivity
- D) medications

Answer: <https://biology-forums.com/index.php?topic=339644>

Question 623

Stress can increase risk for cardiovascular disease by

- A) increasing the body's immune capacity.
- B) decreasing blood pressure.
- C) preventing blood clotting.
- D) causing heart rhythm abnormalities.

Answer: <https://biology-forums.com/index.php?topic=339708>

Question 624

The primary stage of HIV infection is characterized by

- A) cirrhosis.
- B) Kaposi's sarcoma.
- C) night sweats.
- D) recurrent opportunistic infections.

Answer: <https://biology-forums.com/index.php?topic=339927>

Question 625

Cocaine may be described as both

- A) a depressant and a stimulant.
- B) an opiate and a stimulant.
- C) a tranquilizer and a sedative.
- D) an anesthetic and a stimulant.

Answer: <https://biology-forums.com/index.php?topic=339882>

Question 626

Which controversial factor may actually lower a woman's risk for ovarian cancer but has also been implicated in increasing the risk of breast cancer?

- A) being over 50
- B) using oral contraceptives
- C) using hormone replacement therapy post-menopausal
- D) using fertility drugs

Answer: <https://biology-forums.com/index.php?topic=339806>

Question 627

The ability to change body position with speed and accuracy is

- A) agility.
- B) speed.
- C) power.
- D) strength.

Answer: <https://biology-forums.com/index.php?topic=338638>

Question 628

Muscular strength is defined as the ability of your muscles to

- A) exert force.
- B) contract repeatedly over time.
- C) change body position rapidly.
- D) use oxygen to sustain exercise.

Answer: <https://biology-forums.com/index.php?topic=338627>

Question 629

A category of compounds including fats, oils, and waxes that do not dissolve in water is what?

Answer: <https://biology-forums.com/index.php?topic=339380>

Question 630

Which of the following is an example of a calisthenics exercise?

- A) lat pulldown machine
- B) squats with a barbell
- C) bench press
- D) pull-ups

Answer: <https://biology-forums.com/index.php?topic=338957>

Question 631

Which of the following diseases is an autoimmune disorder?

- A) type 2 diabetes
- B) rheumatoid arthritis
- C) osteoarthritis
- D) chronic obstructive pulmonary disease

Answer: <https://biology-forums.com/index.php?topic=339772>

Question 632

Which of the following is a component of emotional wellness?

- A) proper nutrition
- B) good self-esteem
- C) regular physical activity
- D) regular medical exams

Answer: <https://biology-forums.com/index.php?topic=338522>

Question 633

Disk herniation is

- A) a temporary compression of the intervertebral disk.
- B) a degeneration of the intervertebral disk.
- C) a permanent bulge of the intervertebral disk out of the normal space.
- D) hardening of the intervertebral disk.

Answer: <https://biology-forums.com/index.php?topic=339121>

Question 634

The right ventricle pumps blood through the _____ to the lungs.

- A) left atria
- B) aorta
- C) pulmonary artery
- D) capillaries

Answer: <https://biology-forums.com/index.php?topic=338785>

Question 635

Which CAM modality uses pressure points to balance the body's energy flow?

- A) chiropractic medicine
- B) acupressure
- C) homeopathic medicine
- D) acupuncture

Answer: <https://biology-forums.com/index.php?topic=339977>

Question 636

_____ is the fastest growing chronic disease in America.

- A) Chronic obstructive pulmonary disease
- B) Diabetes
- C) Arthritis
- D) Osteoporosis

Answer: <https://biology-forums.com/index.php?topic=339724>

Question 637

A protein that facilitates chemical reactions but is not permanently altered in the process is what?

Answer: <https://biology-forums.com/index.php?topic=339379>

Question 638

A fit and well lifestyle integrates exercise and nutrition with

- A) physical pleasure.
- B) sports performance.
- C) success in the corporate world.
- D) effective communication skills.

Answer: <https://biology-forums.com/index.php?topic=339947>

Question 639

Employer health insurance premiums increased by how much between 1999 and 2009?

- A) 27%
- B) 131%
- C) 99%

D) 205%

Answer: <https://biology-forums.com/index.php?topic=338562>

Question 640

Emphysema destroys the

- A) alveoli.
- B) bronchioles.
- C) bronchial tubes.
- D) esophagus.

Answer: <https://biology-forums.com/index.php?topic=339744>

Question 641

Which of the following is an example of a viral infection?

- A) chlamydia
- B) genital warts
- C) syphilis
- D) gonorrhea

Answer: <https://biology-forums.com/index.php?topic=339904>

Question 642

Which of the following affects flexibility?

- A) muscular endurance
- B) ethnicity
- C) agility
- D) activity level

Answer: <https://biology-forums.com/index.php?topic=339063>

Question 643

Which of the following offers the most effective protection against STIs?

- A) lambskin condoms
- B) condoms used with petroleum jelly
- C) condoms lubricated with nonoxynol-9 spermicides
- D) plain latex condoms

Answer: <https://biology-forums.com/index.php?topic=339940>

Question 644

A sporadic, quivering heartbeat pattern is known as what?

- A) fibrillation
- B) bradycardia
- C) ischemia
- D) tachycardia

Answer: <https://biology-forums.com/index.php?topic=339686>

Question 645

Waist circumference is a measurement that assesses potential risk for disease based on _____ fat.

- A) chest
- B) thigh
- C) abdominal
- D) arm

Answer: <https://biology-forums.com/index.php?topic=339179>

Question 646

One advantage of a stability ball for resistance work is

- A) the development of core strength.
- B) that all exercises can be done in a pool.
- C) that all exercises mimic sport movement patterns.
- D) the maximum development of upper body muscles

Answer: <https://biology-forums.com/index.php?topic=338962>

Question 647

While running outdoors during a winter morning, John began to experience wheezing and shortness of breath. These are most likely symptoms of

- A) exercise-induced asthma.
- B) allergy-induced asthma.
- C) cancer.
- D) emphysema.

Answer: <https://biology-forums.com/index.php?topic=339747>

Question 648

Over time, hepatitis B can lead to

- A) reproductive system abnormalities.
- B) heart disease.
- C) liver cancer.
- D) circulatory system abnormalities.

Answer: <https://biology-forums.com/index.php?topic=339920>

Question 649

The range of error for a bioelectrical impedance (BIA) in measuring body composition is

- A) 5-10%.
- B) 5-7%.
- C) 3-4%.
- D) 1-3%.

Answer: <https://biology-forums.com/index.php?topic=339220>

Question 650

A step-by-step process of making a series of small changes is known as which of the following?

- A) visualization
- B) modeling
- C) countering
- D) shaping

Answer: <https://biology-forums.com/index.php?topic=338583>

Question 651

A martial art that involves slow-moving, smooth, continuous postures or forms is known as

- A) yoga.
- B) Pilates.
- C) tai chi.
- D) karate.

Answer: <https://biology-forums.com/index.php?topic=339099>

Question 652

Which factor is the reason why teens and young adults are more likely to contract an STI than older adults?

- A) less likely to take birth control pills regularly
- B) more likely to have multiple partners
- C) more likely to practice abstinence
- D) more likely to use condoms consistently

Answer: <https://biology-forums.com/index.php?topic=339894>

Question 653

Weight training is also known as what?

Answer: <https://biology-forums.com/index.php?topic=338753>

Question 654

Hyperglycemia can damage which of the following?

- A) bronchi
- B) nerves
- C) hearing
- D) joints

Answer: <https://biology-forums.com/index.php?topic=339733>

Question 655

Chemical compounds that supply the energy and raw materials we need to survive are known as

- A) phytochemicals.
- B) vitamins.
- C) nutrients.
- D) minerals.

Answer: <https://biology-forums.com/index.php?topic=339248>

Question 656

A characteristic that is a key element of a good friendship is

- A) mutual trust.
- B) denial of differences.
- C) mutual tastes.
- D) conformity.

Answer: <https://biology-forums.com/index.php?topic=339965>

Question 657

Starches and other complex carbohydrates are also called

- A) cellulose.
- B) fiber.
- C) polysaccharides.
- D) functional proteins.

Answer: <https://biology-forums.com/index.php?topic=339286>

Question 658

The science of the interaction between the mind and the immune system is known as what?

Answer: <https://biology-forums.com/index.php?topic=339634>

Question 659

The term for an organic compound that we need in tiny amounts to promote growth and help maintain life and health is what?

Answer: <https://biology-forums.com/index.php?topic=339384>

Question 660

If you live in the United States, you have a ____% chance of getting an STI by age 25.

- A) 10
- B) 25
- C) 50
- D) 75

Answer: <https://biology-forums.com/index.php?topic=339892>

Question 661

Adipose tissue that surrounds organs in the abdomen is known as what?

Answer: <https://biology-forums.com/index.php?topic=339240>

Question 662

_____ barriers to physical activity include both external/physical factors and social/interpersonal factors that may make it harder or easier for you to exercise.

- A) Physiological
- B) Psychological
- C) Environmental
- D) Personal

Answer: <https://biology-forums.com/index.php?topic=338734>

Question 663

A vitamin that helps maintain nervous system function is

- A) niacin.
- B) vitamin K.

- C) vitamin C.
- D) vitamin A.

Answer: <https://biology-forums.com/index.php?topic=339324>

Question 664

Kristina's mom wants to begin an exercise program. However, she is overweight and concerned about the impact exercise might have on her knees. To decrease her chance of injury, Kristina might recommend that her mom try

- A) weight-bearing activities.
- B) additional stretching exercises.
- C) cross-training.
- D) balance exercises.

Answer: <https://biology-forums.com/index.php?topic=338715>

Question 665

Nicotine causes which of the following?

- A) decreased heart rate
- B) increased blood pressure
- C) less oxygen used by the heart muscle
- D) decreased heart output

Answer: <https://biology-forums.com/index.php?topic=339697>

Question 666

_____ barriers to physical activity include personal and physical factors affecting exercise participation.

- A) Physiological
- B) Psychological
- C) Environmental
- D) Personal

Answer: <https://biology-forums.com/index.php?topic=338735>

Question 667

Type 2 diabetes can often be controlled by

- A) vaccinations.
- B) blood transfusions.
- C) following a prescribed diet.
- D) dialysis.

Answer: <https://biology-forums.com/index.php?topic=339728>

Question 668

A physically fit person is best defined as someone who

- A) has ideal body composition, flexibility, lung capacity, and muscular fitness levels.
- B) has optimal wellness in all dimensions.
- C) is a highly skilled athlete.
- D) performs moderate to vigorous physical activity daily without undue fatigue.

Answer: <https://biology-forums.com/index.php?topic=338514>

Question 669

The relationship between the amount of adaptation you can expect and the amount of overload or training dose that you complete is known as what?

Answer: <https://biology-forums.com/index.php?topic=338751>

Question 670

According to experts, what percentage of our trash is recyclable?

- A) 70
- B) 80
- C) 90
- D) 100

Answer: <https://biology-forums.com/index.php?topic=339991>

Question 671

A handheld and spring-loaded instrument with calibrated jaws and a meter that reads skinfold thickness in millimeters is what?

Answer: <https://biology-forums.com/index.php?topic=339242>

Question 672

Radiation exposure that causes cancer can come from

- A) sunlight.
- B) non-iodizing radiation.
- C) fluorescent lights.
- D) natural gas furnace.

Answer: <https://biology-forums.com/index.php?topic=339823>

Question 673

Lifting for _____ stresses the nervous system to act quickly and the tendons, ligaments, and joint structures to become more stable.

- A) power
- B) strength
- C) endurance
- D) agility

Answer: <https://biology-forums.com/index.php?topic=338973>

Question 674

John smokes, is sedentary, has a BMI of 30, and is Asian American. Which of these factors decreases his risk for diabetes?

- A) smoking
- B) physical inactivity
- C) BMI of 30
- D) being Asian American

Answer: <https://biology-forums.com/index.php?topic=339741>

Question 675

A practice that involves mental focus and physical effort while performing of a variety of postures, or asanas, is called

- A) yoga.
- B) Pilates.
- C) tai chi.
- D) ballet.

Answer: <https://biology-forums.com/index.php?topic=339097>

Question 676

Which color in the air quality index is associated with hazardous air conditions?

- A) green
- B) red
- C) purple
- D) maroon

Answer: <https://biology-forums.com/index.php?topic=339986>

Question 677

The upper chambers of the heart are called

- A) atria.
- B) capillaries.
- C) ventricles.
- D) aortas.

Answer: <https://biology-forums.com/index.php?topic=338779>

Question 678

Your aunt is concerned about developing osteoporosis. Which type of exercise would you advise her to practice to reduce her risk of developing this condition?

- A) swimming
- B) water aerobics
- C) resistance training
- D) cycling

Answer: <https://biology-forums.com/index.php?topic=339767>

Question 679

Smoke, dust mites, air pollution, and strenuous exercise are all examples of what for asthma?

Answer: <https://biology-forums.com/index.php?topic=339780>

Question 680

Which of the following is known as "bad cholesterol"?

- A) LDL
- B) CVD
- C) HDL
- D) MI

Answer: <https://biology-forums.com/index.php?topic=339703>

Question 681

Smoking, eating poorly, and not exercising are the underlying causes of over _____ % of deaths in the United States.

- A) 25
- B) 35
- C) 45
- D) 55

Answer: <https://biology-forums.com/index.php?topic=339721>

Question 682

Which of the following is a risk factor for lower-back pain?

- A) obesity
- B) strong muscles
- C) cardiovascular disease
- D) diabetes

Answer: <https://biology-forums.com/index.php?topic=339111>

Question 683

According to the American College Health Association survey, approximately what percentage of college students consumes the recommended 5 servings of fruits and vegetables daily?

- A) 6%
- B) 12%
- C) 16%
- D) 20%

Answer: <https://biology-forums.com/index.php?topic=339252>

Question 684

Mentally picturing success in reaching a goal is known as which of the following?

- A) visualization
- B) modeling
- C) countering
- D) shaping

Answer: <https://biology-forums.com/index.php?topic=338577>

Question 685

An acute stress disorder caused by experiencing an extremely traumatic event is

- A) post-traumatic stress disorder.
- B) biofeedback.
- C) distress.
- D) depression.

Answer: <https://biology-forums.com/index.php?topic=339570>

Question 686

The maintenance of equilibrium is

- A) endurance.
- B) balance.
- C) power.

D) strength.

Answer: <https://biology-forums.com/index.php?topic=338642>

Question 687

Jan is an endurance athlete. Due to her activity level, she needs more calories than the average female. For her to perform at her peak, it is recommended that the majority of her calories come from

- A) protein.
- B) complex carbohydrates.
- C) polyunsaturated fats.
- D) monounsaturated fats.

Answer: <https://biology-forums.com/index.php?topic=339374>

Question 688

Which of the following is an effective tip for successful weight loss?

- A) maximize flavor by adding salt or sugar
- B) stick to a rigid diet
- C) consider yourself successful if you lose 5 to 10 pounds per week
- D) choose high-volume, nutrient-dense foods

Answer: <https://biology-forums.com/index.php?topic=339496>

Question 689

Which of the following is one of the most common chronic diseases in the United States, with over 100 other conditions that fall within its category?

- A) cardiovascular disease
- B) osteoporosis
- C) arthritis
- D) osteopenia

Answer: <https://biology-forums.com/index.php?topic=339763>

Question 690

Smoking causes _____% of all lung cancer deaths.

- A) 50
- B) 87
- C) 62
- D) 47

Answer: <https://biology-forums.com/index.php?topic=339794>

Question 691

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 692

A primary disadvantage of treating cancer with radiation is

- A) it causes nausea or vomiting.
- B) it causes hair loss.
- C) it stops cell growth.
- D) it also destroys some healthy cells.

Answer: <https://biology-forums.com/index.php?topic=339826>

Question 693

The most common nutrient deficiency worldwide is associated with

- A) calcium.
- B) sodium.
- C) iron.
- D) zinc.

Answer: <https://biology-forums.com/index.php?topic=339340>

Question 694

Training that involves continuous activity sustained for 20 or more minutes is known as

- A) interval training.
- B) aerobic training.
- C) cross-training.
- D) anaerobic training.

Answer: <https://biology-forums.com/index.php?topic=338815>

Question 695

A polyp is a

- A) cancerous growth in the colon or rectum.
- B) benign growth in the colon or rectum.
- C) blood test to screen for colon cancer.
- D) component of a healthy colon.

Answer: <https://biology-forums.com/index.php?topic=339813>

Question 696

Which cancer treatment might be used to allow a patient's bone marrow to withstand stronger doses of chemotherapeutic drugs?

- A) surgery
- B) immunotherapy
- C) gene therapy
- D) chemotherapy

Answer: <https://biology-forums.com/index.php?topic=339830>

Question 697

The ability to perform a movement in a short period of time is

- A) agility.
- B) speed.
- C) power.
- D) strength.

Answer: <https://biology-forums.com/index.php?topic=338640>

Question 698

Which of the following is considered negative stress?

- A) distress
- B) eustress
- C) allostasis
- D) stress response

Answer: <https://biology-forums.com/index.php?topic=339534>

Question 699

Approximately what percentage of college students report having consumed alcohol in the last 30 days?

- A) 60
- B) 70
- C) 80
- D) 90

Answer: <https://biology-forums.com/index.php?topic=339844>

Question 700

Which of the following is a chronic condition, as opposed to a chronic disease?

- A) cardiovascular disease
- B) cancer
- C) osteoporosis
- D) back pain

Answer: <https://biology-forums.com/index.php?topic=339719>

Question 701

Nitroglycerin tablets are recommended to address which condition?

- A) coronary heart disease
- B) angina pectoris
- C) arrhythmia
- D) hypertension

Answer: <https://biology-forums.com/index.php?topic=339685>

Question 702

Small fluid-filled sacks that lubricate the movement of muscles over muscle or bone are called

- A) cartilage.
- B) ligaments.
- C) joint capsules.
- D) bursae.

Answer: <https://biology-forums.com/index.php?topic=339049>

Question 703

Which of the following coping mechanisms is most important in determining how you experience stress?

- A) eating
- B) self-efficacy
- C) autonomy
- D) exercise

Answer: <https://biology-forums.com/index.php?topic=339586>

Question 704

Which form of cancer treatment uses targeted beams of ionizing energy to destroy malignant cells?

- A) radiation
- B) chemotherapy
- C) immunotherapy
- D) gene therapy

Answer: <https://biology-forums.com/index.php?topic=339828>

Question 705

Recycling and using public transportation are examples of _____ wellness.

- A) environmental
- B) physical
- C) occupational
- D) social

Answer: <https://biology-forums.com/index.php?topic=338527>

Question 706

The FITT formula is used to

- A) design a safe and effective exercise program.
- B) determine how much water to consume during exercise.
- C) estimate energy expenditure.
- D) estimate body composition.

Answer: <https://biology-forums.com/index.php?topic=338680>

Question 707

Which of the following statements regarding prostate cancer is true?

- A) Low back pain can be a symptom of prostate cancer.
- B) Prostate cancer typically involves obvious symptoms in its early stages.
- C) Prostate cancer is typically fast growing in the early stages.
- D) Rates of prostate cancer are higher in white males than in African American males.

Answer: <https://biology-forums.com/index.php?topic=339810>

Question 708

A state of stress-induced physical and mental exhaustion is known as

- A) post-traumatic stress disorder.
- B) burnout.
- C) allostatic load.
- D) overload.

Answer: <https://biology-forums.com/index.php?topic=339577>

Question 709

A decrease in muscle cross-sectional area is

- A) atrophy.
- B) hyperplasia.
- C) hypertrophy.
- D) dystrophy.

Answer: <https://biology-forums.com/index.php?topic=338945>

Question 710

The use of drugs to kill cancerous cells is known as what?

Answer: <https://biology-forums.com/index.php?topic=339836>

Question 711

Neurological changes associated with aging can lead to

- A) farsightedness.
- B) osteoporosis.
- C) lung disease.
- D) slower reflexes.

Answer: <https://biology-forums.com/index.php?topic=339956>

Question 712

Which of the following is a good tip for avoiding financial stress?

- A) increase use of credit cards to boost your credit score
- B) avoid using a budget
- C) use on-line banking to avoid late fees
- D) go shopping to relieve stress

Answer: <https://biology-forums.com/index.php?topic=339606>

Question 713

A small, fleshy growth on the cervix, vagina, vulva, penis, scrotum, or anus is known as what?

Answer: <https://biology-forums.com/index.php?topic=339945>

Question 714

Jim has been jogging for 20 minutes per session and is now ready to increase his program. According to the 10 percent rule, Jim should increase his workout time by no more than

- A) 2 minutes.
- B) 6 minutes.
- C) 10 minutes.
- D) 14 minutes.

Answer: <https://biology-forums.com/index.php?topic=338871>

Question 715

Blockage of blood flow to the brain is known as

- A) myocardial infarction.
- B) stroke.
- C) atherosclerosis.
- D) hypertension.

Answer: <https://biology-forums.com/index.php?topic=339693>

Question 716

The first step in making a behavior change is

- A) collecting data on the behavior.
- B) acknowledging that a problem exists.
- C) beginning to work on the change.
- D) tracking the behavior in a journal.

Answer: <https://biology-forums.com/index.php?topic=338568>

Question 717

Loss of muscle mass and strength with aging is called

- A) dystrophy.
- B) atrophy.
- C) sarcopenia.
- D) muscle wasting.

Answer: <https://biology-forums.com/index.php?topic=338953>

Question 718

Approximately what percentage of all traffic fatalities in the United States in 2009 were alcohol related?

- A) 32
- B) 45
- C) 50
- D) 63

Answer: <https://biology-forums.com/index.php?topic=339857>

Question 719

What coupled with poor nutrition can lead to life-shortening conditions such as anemia, susceptibility to disease and infection, slower recovery from illness, muscle wasting and weakness, and osteoporosis and bone fractures?

Answer: <https://biology-forums.com/index.php?topic=339510>

Question 720

The best way to gauge your overall flexibility is by performing

- A) the sit-and-reach test.
- B) a series of range-of-motion tests.
- C) a sit-up test.
- D) a series of strength tests.

Answer: <https://biology-forums.com/index.php?topic=339073>

Question 721

A common symptom of alcoholics is

- A) the need to drink less and less alcohol to feel drunk.
- B) a growing distaste toward drinking alcohol.
- C) being able to stop drinking once they start.
- D) loss of control.

Answer: <https://biology-forums.com/index.php?topic=339859>

Question 722

Which mineral helps regulate pH balance?

- A) phosphorus
- B) chromium
- C) iodine
- D) magnesium

Answer: <https://biology-forums.com/index.php?topic=339347>

Question 723

You should consult a physician immediately if you experience

- A) a common cold.
- B) a sudden chest pain.
- C) a superficial abrasion.
- D) a lump that subsides within 2 weeks.

Answer: <https://biology-forums.com/index.php?topic=339969>

Question 724

The majority of alcohol is absorbed in

- A) the mouth.
- B) the stomach lining.
- C) the upper third of the small intestine.

D) the large intestines.

Answer: <https://biology-forums.com/index.php?topic=339846>

Question 725

Which of the following would be considered an example of an aerobic activity?

- A) 1/2 court basketball
- B) racquetball
- C) cycling
- D) sprinting

Answer: <https://biology-forums.com/index.php?topic=338819>

Question 726

Which of the following factors has most significantly decreased lung cancer rates in men in recent years?

- A) less asbestos used in industry
- B) better control of chronic obstructive pulmonary disease
- C) decreased rates of smoking
- D) elimination of chloromethyl in the production of plastics

Answer: <https://biology-forums.com/index.php?topic=339805>

Question 727

A doctor who specializes in cancer treatment is known as

- A) an oncologist.
- B) a cardiologist.
- C) an orthopedist.
- D) an immunologist.

Answer: <https://biology-forums.com/index.php?topic=339795>

Question 728

A common overuse injury is

- A) plantar fasciitis.
- B) ligament sprains.
- C) shoulder dislocation.
- D) frequent bruising.

Answer: <https://biology-forums.com/index.php?topic=338885>

Question 729

An eccentric contraction occurs when

- A) a muscle contracts without changing length.
- B) a muscle shortens as it contracts.
- C) a muscle lengthens as it contracts.
- D) a muscle contracts with constant tension.

Answer: <https://biology-forums.com/index.php?topic=338938>

Question 730

Estimates from the World Health Organization in 2011 indicated that approximately _____ billion people worldwide are overweight.

- A) 1.6
- B) 2.1
- C) 2.6
- D) 3.1

Answer: <https://biology-forums.com/index.php?topic=339404>

Question 731

Which method of body composition assessment uses low-dose beams of X-ray energy to measure total fat mass, fat distribution pattern, and bone density?

- A) skinfold assessment
- B) BMI
- C) DXA
- D) air displacement

Answer: <https://biology-forums.com/index.php?topic=339198>

Question 732

Which racial group has the highest incidence of prostate cancer in the world?

- A) Caucasians
- B) Hispanics
- C) African Americans
- D) Asian Americans

Answer: <https://biology-forums.com/index.php?topic=339825>

Question 733

A sign of aging is

- A) weight loss.
- B) memory lapses.
- C) enhanced hearing.
- D) increased flexibility in tendons and ligaments.

Answer: <https://biology-forums.com/index.php?topic=339953>

Question 734

_____ follows cardiovascular disease as the second leading cause of death in the United States.

- A) Cancer
- B) Chronic obstructive pulmonary disease
- C) Diabetes
- D) Coronary artery disease

Answer: <https://biology-forums.com/index.php?topic=339782>

Question 735

A muscle contraction with no change in muscle length is

- A) isotonic.
- B) isokinetic.
- C) isometric.
- D) eccentric.

Answer: <https://biology-forums.com/index.php?topic=338931>

Question 736

Muscular fitness is defined as

- A) the ability to contract a muscle repeatedly over an extended period of time.
- B) the ability of a muscle to contract with maximal force.
- C) the ability of the musculoskeletal system to perform daily activities without undue fatigue.
- D) the ability to move the limbs through their full range of motion.

Answer: <https://biology-forums.com/index.php?topic=338899>

Question 737

Muscular strength is often measured by

- A) determining the maximum weight an individual can lift 20 times consecutively.
- B) determining the maximum range of motion achieved during a sit and reach test.
- C) determining the maximum number of push-ups that can be completed in 1 minute.
- D) determining the maximum weight a person can lift one time.

Answer: <https://biology-forums.com/index.php?topic=338905>

Question 738

_____ is a beneficial tool for monitoring, recording, and measuring progress on a behavior change.

- A) Shaping
- B) Journaling
- C) Visualizing
- D) Self-talk

Answer: <https://biology-forums.com/index.php?topic=338614>

Question 739

Obesity is defined as a BMI of

- A) 16 to 18.4
- B) 18.5 to 24.9
- C) 25 to 29.9
- D) >30

Answer: <https://biology-forums.com/index.php?topic=339399>

Question 740

Which of the following statements is true regarding herpes?

- A) There is a cure for it.
- B) The best way to avoid infection with herpes is to look for physical signs on a partner before engaging in sexual intercourse.
- C) Once established, it remains in the body for life.
- D) STIs cannot be transmitted from an infected mother to her infant.

Answer: <https://biology-forums.com/index.php?topic=339911>

Question 741

If your flexibility is within "normal" levels and you simply want to maintain that level, you should stretch

- A) 1 day per week.
- B) 2 days per week.
- C) 4 to 5 days per week.
- D) 6 to 7 days per week.

Answer: <https://biology-forums.com/index.php?topic=339075>

Question 742

HPV (human papillomavirus) causes

- A) AIDS.
- B) herpes.
- C) genital warts.
- D) syphilis.

Answer: <https://biology-forums.com/index.php?topic=339908>

Question 743

Stretching characterized by bouncing or jerky movements is known as

- A) static stretching.
- B) PNF stretching.
- C) dynamic stretching.
- D) ballistic stretching.

Answer: <https://biology-forums.com/index.php?topic=339087>

Question 744

Which of the following food choices would be considered the least healthy in terms of fat content?

- A) spaghetti with tomato sauce
- B) fettuccine Alfredo
- C) hot-and-sour soup
- D) stir-fried chicken and vegetables

Answer: <https://biology-forums.com/index.php?topic=339257>

Question 745

The principle that states that training levels will decrease towards initial levels when training is stopped is known as

- A) individuality.
- B) specificity.
- C) reversibility.
- D) frequency.

Answer: <https://biology-forums.com/index.php?topic=338663>

Question 746

Which mineral is needed by the body to build strong bones?

Answer: <https://biology-forums.com/index.php?topic=339781>

Question 747

Risk for chronic diseases can be reduced by which of the following behaviors?

- A) following a healthy diet
- B) living a sedentary life
- C) smoking
- D) getting vaccinated

Answer: <https://biology-forums.com/index.php?topic=339720>

Question 748

HSV-1 can produce sores in or around

- A) the mouth only.
- B) the penis or vulva only.
- C) the mouth and the vulva only.
- D) the mouth, penis, and vulva.

Answer: <https://biology-forums.com/index.php?topic=339909>

Question 749

Which of the following statements is true regarding the prevalence of cardiovascular disease in males and females?

- A) It's the leading cause of death in America for men but not for women.
- B) It's the leading cause of death in America for women but not for men.
- C) It's not the leading cause of death for men or for women.
- D) It's the leading cause of death in America for both men and women.

Answer: <https://biology-forums.com/index.php?topic=339638>

Question 750

If a person is trying to meet a healthy body composition goal, he should revisit BMI assessments

- A) weekly.
- B) daily.
- C) bi-weekly.
- D) once a month or less.

Answer: <https://biology-forums.com/index.php?topic=339228>

Question 751

Which of the following statements is true of spot reduction?

- A) arm-toners can achieve spot reduction in the arms
- B) cellulite creams can achieve spot reduction in the abdominal region
- C) repeated exercise to one area can achieve spot reduction in that area
- D) spot reduction is not possible by any means

Answer: <https://biology-forums.com/index.php?topic=338958>

Question 752

Which factor has the least impact on designing an exercise program?

- A) age
- B) weight
- C) current fitness level
- D) gender

Answer: <https://biology-forums.com/index.php?topic=338713>

Question 753

Which of the following would be the best form of exercise to engage in to reduce the risk of developing arthritis?

- A) football
- B) swimming
- C) basketball
- D) boxing

Answer: <https://biology-forums.com/index.php?topic=339777>

Question 754

A condition that is characterized by blood glucose levels that are higher than normal but not yet diabetic is known as what?

Answer: <https://biology-forums.com/index.php?topic=339778>

Question 755

The greatest threat from HPV is

- A) the development of AIDS.
- B) sores that may be transmitted to an infant.
- C) cervical cancer in females.
- D) cancerous growths in males.

Answer: <https://biology-forums.com/index.php?topic=339916>

Question 756

One factor leading to eating disorders is

- A) excessive emphasis on achievement.
- B) lack of concern of what others think about one's body.
- C) acceptance of body.
- D) lack of thought about food.

Answer: <https://biology-forums.com/index.php?topic=339480>

Question 757

Which organ in the body secretes cortisol, the body's main stress hormone?

Answer: <https://biology-forums.com/index.php?topic=339628>

Question 758

The two major types of blood vessels are

- A) arteries and veins.
- B) arteries and capillaries.
- C) arterioles and veins.
- D) venules and veins.

Answer: <https://biology-forums.com/index.php?topic=338793>

Question 759

General recommended guidelines for water intake prior to exercise are approximately _____ ounces of fluid 2 to 3 hours before exercise and _____ ounces 10 to 20 minutes prior to exercise.

- A) 5; 5
- B) 8; 10
- C) 10; 15
- D) 20; 10

Answer: <https://biology-forums.com/index.php?topic=338709>

Question 760

In the United States the average life expectancy for a female is

- A) 67.
- B) 70.
- C) 75.
- D) 81.

Answer: <https://biology-forums.com/index.php?topic=338533>

Question 761

Relaxation breathing focuses on which muscles?

- A) chest
- B) abdominal
- C) back
- D) mouth

Answer: <https://biology-forums.com/index.php?topic=339614>

Question 762

A drug that depresses the central nervous system is

- A) heroin.
- B) cocaine.
- C) caffeine.

D) methamphetamine.

Answer: <https://biology-forums.com/index.php?topic=339885>

Question 763

The physical activity pyramid

- A) relates nutritional goals to physical activity levels.
- B) consists of layers of types of physical activity and gives recommendations for each.
- C) excludes sedentary activities.
- D) includes aerobic activities but not muscular training.

Answer: <https://biology-forums.com/index.php?topic=338671>

Question 764

Conflict is most likely to occur when we

- A) have to choose between competing motives.
- B) have only one option.
- C) share the same goal with someone else.
- D) are asked to do something we know is right.

Answer: <https://biology-forums.com/index.php?topic=339584>

Question 765

Which of the following is an example of a habit that fights the negative effects of stress?

- A) eating a cheeseburger from your favorite fast food restaurant
- B) sleeping about 6 hours each night
- C) enjoying a cup of coffee before going to bed
- D) sleeping in a cool, dark room

Answer: <https://biology-forums.com/index.php?topic=339595>

Question 766

Exercise intensity is most closely related to

- A) how often you exercise.
- B) how hard you exercise.
- C) how many minutes you exercise.
- D) how many modes of exercise you use.

Answer: <https://biology-forums.com/index.php?topic=338684>

Question 767

After achieving your target weight, you should

- A) discontinue the diet and gradually go back to your original eating habits.
- B) try to achieve positive energy balance.
- C) add back in enough calories to maintain the new weight.
- D) strive to lose more weight so that you can achieve underweight.

Answer: <https://biology-forums.com/index.php?topic=339506>

Question 768

In comparing typical 20- to 24-year-old males and females, gender variations in body composition are found primarily in _____ and _____.

- A) storage fat; muscle
- B) muscle; essential fat
- C) bone; storage fat
- D) muscle; bone

Answer: <https://biology-forums.com/index.php?topic=339159>

Question 769

Arterial stenosis can cause

- A) hypotension.
- B) ruptured arteries.
- C) increased blood flow.
- D) obesity.

Answer: <https://biology-forums.com/index.php?topic=339660>

Question 770

A change in the body that occurs as a result of exercise training is known as

- A) homeostasis.
- B) metabolic equivalent.
- C) training effect.
- D) overload.

Answer: <https://biology-forums.com/index.php?topic=338653>

Question 771

John is getting ready to do bench presses. After doing some jumping jacks and light rowing activity, he begins to concentrate on range-of-motion exercises for his shoulders. John has moved from the _____ phase to the _____ phase of warm-up.

- A) gradual; intense
- B) general; specific
- C) rest; exercise
- D) basic; core

Answer: <https://biology-forums.com/index.php?topic=338694>

Question 772

If a person quits smoking, his or her risk of heart disease decreases by 50% in approximately

- A) 6 months.
- B) 1 year.
- C) 3 years.
- D) 5 years.

Answer: <https://biology-forums.com/index.php?topic=339876>

Question 773

To progress safely and improve fitness, it is recommended that you

- A) increase overload frequency by no more than 20% each time you make changes in your program.
- B) increase overload frequency and intensity by 20% each time you make changes in your program.
- C) increase overload intensity and duration by 10% each time you make changes in your program.
- D) increase overload frequency, intensity, or duration by no more than 10% each time you make changes in your program.

Answer: <https://biology-forums.com/index.php?topic=338657>

Question 774

Which of the following conditions would always require a medical clearance before exercising?

- A) migraines
- B) overweight
- C) diabetes
- D) cold

Answer: <https://biology-forums.com/index.php?topic=338721>

Question 775

Flexibility is the ability of the joints to

- A) extend beyond normal range of motion.
- B) move through a full range of motion.
- C) minimize range of motion.
- D) prevent low back pain.

Answer: <https://biology-forums.com/index.php?topic=339031>

Question 776

An eating disorder characterized by out-of-control eating without purging is known as

- A) anorexia nervosa.
- B) bulimia.
- C) body dysmorphic disorder.
- D) binge eating disorder.

Answer: <https://biology-forums.com/index.php?topic=339478>

Question 777

Obesity increases the risk of

- A) colon cancer.
- B) lung cancer.
- C) leukemia.
- D) melanoma.

Answer: <https://biology-forums.com/index.php?topic=339815>

Question 778

The prodromal stage of herpes is characterized by _____ at the site of infection.

- A) blisters
- B) burning and tingling
- C) a white discharge
- D) painful bleeding

Answer: <https://biology-forums.com/index.php?topic=339906>

Question 779

Which of the following would be the most accurate method of estimating body composition?

- A) computed tomography
- B) skinfold measurements
- C) hydrostatic weighing
- D) air displacement

Answer: <https://biology-forums.com/index.php?topic=339194>

Question 780

The minimal amount of fat needed for normal physiological functions is defined as

- A) recommended body weight.
- B) storage fat.
- C) essential fat.
- D) lean body weight.

Answer: <https://biology-forums.com/index.php?topic=339154>

Question 781

Which of the following is true of storage fat?

- A) men and women have significantly different amounts of storage fat
- B) men and women store fat in different locations
- C) storage fat is not affected by lifestyle
- D) storage fat is not affected by genetics

Answer: <https://biology-forums.com/index.php?topic=339158>

Question 782

Osteoarthritis can affect _____.

- A) the hips
- B) the lungs
- C) the pancreas
- D) the bronchial tubes

Answer: <https://biology-forums.com/index.php?topic=339770>

Question 783

If a stretch reflex is activated, the muscle will

- A) lengthen.
- B) relax.
- C) shorten.
- D) tear.

Answer: <https://biology-forums.com/index.php?topic=339055>

Question 784

A progressive decline in the maximum functional level of individual cells, organs, and organisms is known as

- A) aging.
- B) fatigue.
- C) oxidative stress.

D) atrophy.

Answer: <https://biology-forums.com/index.php?topic=339948>

Question 785

Which of the following increases as the result of cardiorespiratory training?

- A) LDL cholesterol
- B) resting heart rate
- C) stroke volume
- D) lactic acid production

Answer: <https://biology-forums.com/index.php?topic=338845>

Question 786

Fibrous tissues that connects bone to bone are called

- A) cartilage.
- B) ligaments.
- C) joint capsules.
- D) bursae.

Answer: <https://biology-forums.com/index.php?topic=339047>

Question 787

The three metabolic energy systems are

- A) stored, oxidative, and antioxidative.
- B) immediate, oxidative, and nonoxidative.
- C) nonoxidative, glycolytic, and anaerobic.
- D) immediate, stored, and delayed.

Answer: <https://biology-forums.com/index.php?topic=338803>

Question 788

The long-term wear and tear on the body that is caused by prolonged allostasis is known as what?

Answer: <https://biology-forums.com/index.php?topic=339632>

Question 789

Stepping back to a simpler life is known as

- A) downshifting.
- B) purging.
- C) coping.
- D) being counterproductive.

Answer: <https://biology-forums.com/index.php?topic=339599>

Question 790

A protein that transports oxygen in blood is which of the following?

- A) lactic acid
- B) mitochondria
- C) plasma
- D) hemoglobin

Answer: <https://biology-forums.com/index.php?topic=338829>

Question 791

"Crabs" is another name for

- A) pubic lice.
- B) hair lice.
- C) trichomoniasis.
- D) yeast infection.

Answer: <https://biology-forums.com/index.php?topic=339934>

Question 792

Jim and Steve have been working out together for 3 months. Although they have been doing the same workout, Steve has shown faster improvement. This difference in their responses to exercise illustrates the principle of

- A) separateness.

- B) individuality.
- C) recuperation.
- D) mind over body.

Answer: <https://biology-forums.com/index.php?topic=338665>

Question 793

Andy, while out hiking, has a close encounter with a grizzly bear. When he first realizes that he is just a few feet away from the bear, his heart begins beating rapidly and he breaks out into a sweat. What phenomenon is Andy experiencing?

Answer: <https://biology-forums.com/index.php?topic=339630>

Question 794

Chronic pain in the front of the lower leg is known as

- A) strain.
- B) sprain.
- C) shin splints.
- D) plantar fasciitis.

Answer: <https://biology-forums.com/index.php?topic=338881>

Question 795

The major psychoactive substance in tobacco is

- A) tar.
- B) nicotine.
- C) ammonia.
- D) formaldehyde.

Answer: <https://biology-forums.com/index.php?topic=339861>

Question 796

Which of the following techniques is considered the "gold standard" for assessing body fat percentage?

- A) hydrostatic
- B) Bod Pod
- C) DXA
- D) BIA

Answer: <https://biology-forums.com/index.php?topic=339196>

Question 797

A disease associated with low calcium intake is known as

- A) anemia.
- B) osteoporosis.
- C) cirrhosis of the liver.
- D) scurvy.

Answer: <https://biology-forums.com/index.php?topic=339338>

Question 798

Having a limited range of motion is known as what condition?

Answer: <https://biology-forums.com/index.php?topic=339141>

Question 799

Homocysteine and C-reactive proteins are indicators of

- A) atherosclerosis.
- B) inflammation of inner linings of artery walls.
- C) a person's lifestyle habits.
- D) hypertension.

Answer: <https://biology-forums.com/index.php?topic=339667>

Question 800

Which of the following statements regarding the use of condoms is true?

- A) Most condom failure is due to inconsistent use.
- B) Condoms increase in effectiveness when stored in warm places.
- C) Condoms provide 100% protection against STIs.

D) Condoms are highly ineffective at blocking fluid exchange.

Answer: <https://biology-forums.com/index.php?topic=339941>

Question 801

Which of the following is a goal of Healthy People 2020?

- A) eliminate obesity in the U.S.
- B) extend life expectancy to 100 years for men and 102 years for women.
- C) increase disparities in health between groups.
- D) promote quality of life, healthy development, and healthy behaviors across all life stages.

Answer: <https://biology-forums.com/index.php?topic=338564>

Question 802

The fatty acids in most foods and in the body occur in the form of

- A) triglycerides.
- B) monounsaturated fatty acids.
- C) polyunsaturated fatty acids.
- D) trans fats.

Answer: <https://biology-forums.com/index.php?topic=339293>

Question 803

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 804

A series of diets followed by eventual weight gain is known as

- A) rigid diet
- B) flexible diet
- C) fad diet
- D) yo-yo dieting

Answer: <https://biology-forums.com/index.php?topic=339456>

Question 805

Finding a healthy example to follow is known as which of the following?

- A) visualization
- B) modeling
- C) countering
- D) shaping

Answer: <https://biology-forums.com/index.php?topic=338581>

Question 806

Muscles that tend to be tight in most people due to extended sitting are known as

- A) trunk flexor muscles.
- B) trunk extensor muscles.
- C) hip flexor muscles.
- D) hip extensor muscles.

Answer: <https://biology-forums.com/index.php?topic=339129>

Question 807

Knowing your body, paying attention to its signals, and taking appropriate action to stop the progression of illness or injury defines

- A) consumerism.
- B) self-care.
- C) standard care.
- D) medical follow-up.

Answer: <https://biology-forums.com/index.php?topic=339968>

Question 808

When expressing difficult feelings, you should

- A) try to be vague about how you feel.
- B) frame statements using the word "you."
- C) avoid expressing mixed feelings when you have them.
- D) communicate clearly and directly.

Answer: <https://biology-forums.com/index.php?topic=339964>

Question 809

Inflammation of the arteries can be caused by

- A) obesity.
- B) increased HDL cholesterol.
- C) disease-causing bacteria.
- D) hot weather.

Answer: <https://biology-forums.com/index.php?topic=339663>

Question 810

The aging theory that proposes that the number of cells exhibiting unusual or different characteristics increases with age is known as

- A) cellular theory.
- B) wear and tear theory.
- C) genetic mutation theory.
- D) global warming

Answer: <https://biology-forums.com/index.php?topic=339951>

Question 811

Underweight is defined as a BMI of

- A) <30
- B) <24.9
- C) <18.5
- D) <12.2

Answer: <https://biology-forums.com/index.php?topic=339394>

Question 812

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 813

Which type of medicine is used in place of conventional medicine?

Answer: <https://biology-forums.com/index.php?topic=340000>

Question 814

Which of the following can lead to chronic bronchitis?

- A) high intake of refined carbohydrates
- B) frequent wood-burning fireplace use
- C) low calcium intake
- D) lack of exercise

Answer: <https://biology-forums.com/index.php?topic=339753>

Question 815

Blood returns from the body back to the heart via the

- A) arteries.
- B) arterioles.
- C) venous system.
- D) capillaries.

Answer: <https://biology-forums.com/index.php?topic=339654>

Question 816

The prevalence of lower-back pain rises with increases in what?

Answer: <https://biology-forums.com/index.php?topic=339146>

Question 817

If you have a light snack prior to exercising, it should be consumed at least _____ minutes prior to beginning the activity.

- A) 10
- B) 15
- C) 20
- D) 30

Answer: <https://biology-forums.com/index.php?topic=338707>

Question 818

The majority of individuals who die as a result of environmental tobacco smoke die from

- A) lung cancer.
- B) cardiovascular disease.
- C) esophageal cancer.
- D) cirrhosis.

Answer: <https://biology-forums.com/index.php?topic=339870>

Question 819

Genetic mutation theory of aging proposes that

- A) cells are genetically programmed to reproduce a limited number of times.
- B) accumulation of damage over time wears cells out.
- C) the number of cells that exhibit unusual characteristics increase with age.
- D) the division of cells decreases with age.

Answer: <https://biology-forums.com/index.php?topic=339952>

Question 820

Which of the following would be the most appropriate activity for a general warm-up?

- A) leg press
- B) squats
- C) jogging
- D) dumbbell curls

Answer: <https://biology-forums.com/index.php?topic=338992>

Question 821

Which of the following is associated with the female athlete triad disorder?

- A) disordered eating
- B) obesity
- C) diabetes
- D) cancer

Answer: <https://biology-forums.com/index.php?topic=339230>

Question 822

Pressure applied to the walls of the arteries when the heart contracts is known as

- A) diastolic pressure.
- B) systolic pressure.
- C) blood pressure.
- D) arterial pressure.

Answer: <https://biology-forums.com/index.php?topic=339674>

Question 823

Which of the following is a high-risk behavior for contracting HIV?

- A) closed mouth kissing
- B) unprotected anal intercourse
- C) living platonically with someone who is HIV positive

D) hugging someone who is HIV positive

Answer: <https://biology-forums.com/index.php?topic=339931>

Question 824

Which of the following types of fiber is associated with lowering cholesterol?

- A) digestible
- B) soluble
- C) complex
- D) insoluble

Answer: <https://biology-forums.com/index.php?topic=339288>

Question 825

The Daily Reference Value (DRV) for cholesterol is

- A) 300 mg.
- B) 600 mg.
- C) 900 mg.
- D) 1200 mg.

Answer: <https://biology-forums.com/index.php?topic=339361>

Question 826

Lower back pain affects at least _____% of the U.S. population at some point in their life.

- A) 20
- B) 40
- C) 60
- D) 70

Answer: <https://biology-forums.com/index.php?topic=339107>

Question 827

The ventricles contract and pump blood out of the heart during the _____ phase of the heart cycle.

- A) diastolic
- B) systolic
- C) peristolic
- D) venous

Answer: <https://biology-forums.com/index.php?topic=338789>

Question 828

For which of the following age groups is the need for calcium the highest?

- A) adolescents
- B) 19- to 50-year-olds
- C) people over 50
- D) infants

Answer: <https://biology-forums.com/index.php?topic=339761>

Question 829

Decreasing stress related to performance demands involves

- A) setting priorities.
- B) having high expectations.
- C) pushing yourself harder.
- D) setting unrealistic deadlines.

Answer: <https://biology-forums.com/index.php?topic=339576>

Question 830

A measure of overall joint stiffness during movement is

- A) static flexibility.
- B) inactive flexibility.
- C) passive flexibility.
- D) dynamic flexibility.

Answer: <https://biology-forums.com/index.php?topic=339035>

Question 831

The principle of recuperation is aimed at preventing

- A) boredom.
- B) cross-training.
- C) overtraining.
- D) individuality.

Answer: <https://biology-forums.com/index.php?topic=338667>

Question 832

Which of the following is high in trans fats?

- A) margarine
- B) corn oil
- C) olive oil
- D) fish

Answer: <https://biology-forums.com/index.php?topic=339302>

Question 833

Substituting a healthy behavior for an unhealthy behavior is known as what?

- A) visualization
- B) modeling
- C) countering
- D) shaping

Answer: <https://biology-forums.com/index.php?topic=338585>

Question 834

What substance lubricates and protects joints?

- A) adipose tissue
- B) synovial fluid
- C) blood
- D) cartilage

Answer: <https://biology-forums.com/index.php?topic=339043>

Question 835

During the _____ phase of the heart cycle, the ventricles relax and fill with blood.

- A) diastolic
- B) systolic
- C) peristolic
- D) venous

Answer: <https://biology-forums.com/index.php?topic=338791>

Question 836

In type 2 diabetes

- A) the pancreas doesn't produce insulin.
- B) the cells that produce insulin are destroyed.
- C) body cells become resistant to insulin.
- D) not enough glucose is released into the blood.

Answer: <https://biology-forums.com/index.php?topic=339731>

Question 837

Type I muscle fibers (slow-twitch)

- A) are easily fatigable.
- B) utilize oxygen to contract.
- C) generate greater levels of muscular power than type II fibers.
- D) contract rapidly.

Answer: <https://biology-forums.com/index.php?topic=338921>

Question 838

Which step will most likely simplify your life?

- A) learning to say no
- B) choosing a career based on salary
- C) buying a nicer car
- D) moving to a large urban area

Answer: <https://biology-forums.com/index.php?topic=339601>

Question 839

What role does the herpes virus play in cardiovascular disease?

- A) It causes a sudden myocardial infarction while the virus is dormant.
- B) Herpes simplex virus 2 sores can cause blood clots.
- C) It contributes to inflammation of artery walls.
- D) It increases LDL cholesterol levels.

Answer: <https://biology-forums.com/index.php?topic=339665>

Question 840

People who have thought about what they might do to change a behavior and are within a month or so of taking action are in which stage of behavior change?

- A) contemplation
- B) termination
- C) action
- D) preparation

Answer: <https://biology-forums.com/index.php?topic=338571>

Question 841

How many minutes of moderate physical activity should an adult perform each week to maintain health?

- A) 75 minutes
- B) 60 minutes
- C) 150 minutes
- D) 200 minutes

Answer: <https://biology-forums.com/index.php?topic=338669>

Question 842

When stretching, you should hold each stretch for

- A) at least a minute.
- B) at least 30 seconds.
- C) at least 10 seconds.
- D) at least 5 seconds.

Answer: <https://biology-forums.com/index.php?topic=339079>

Question 843

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 844

If you understand your _____, you can plan activities in a way that makes you more likely to stick with the program.

- A) cardiovascular system
- B) body's physiology
- C) respiratory rate
- D) motivations

Answer: <https://biology-forums.com/index.php?topic=338729>

Question 845

Which of the following strategies is recommended as an effective way to manage your time?

- A) avoid multitasking
- B) tackle large tasks during one time period
- C) avoid overcommitment

D) schedule periodic interruptions

Answer: <https://biology-forums.com/index.php?topic=339605>

Question 846

Women have a tendency to burn fewer calories than men due to

- A) their lower level of activity.
- B) their greater intake of high-fat foods.
- C) their higher level of essential body fat.
- D) their lower metabolic rates.

Answer: <https://biology-forums.com/index.php?topic=339432>

Question 847

Which mineral assists with the breakdown of glucose?

- A) calcium
- B) chloride
- C) phosphorus
- D) chromium

Answer: <https://biology-forums.com/index.php?topic=339349>

Question 848

Carcinomas include which of the following cancers?

- A) breast
- B) Hodgkin lymphoma
- C) non-Hodgkin lymphoma
- D) bone

Answer: <https://biology-forums.com/index.php?topic=339787>

Question 849

Ultraviolet (UV) rays are considered

- A) carcinogenic.
- B) oncogenes.
- C) toxic.
- D) mutations.

Answer: <https://biology-forums.com/index.php?topic=339821>

Question 850

A BMI of 30 or higher is classified as

- A) normal weight.
- B) acceptable weight.
- C) overweight.
- D) obese.

Answer: <https://biology-forums.com/index.php?topic=339168>

Question 851

HSV-1 can be transmitted to the genitals by

- A) open mouth kissing.
- B) anal intercourse.
- C) vaginal intercourse.
- D) oral sex.

Answer: <https://biology-forums.com/index.php?topic=339913>

Question 852

Receptors in the tendon that trigger your muscle to relax are called

- A) golgi tendon organs.
- B) stretch receptors.
- C) muscle spindles.
- D) patellar tendons.

Answer: <https://biology-forums.com/index.php?topic=339053>

Question 853

Genes that researchers suspect play a role in uncontrolled cell growth are known as what?

Answer: <https://biology-forums.com/index.php?topic=339835>

Question 854

Skinfold thickness is measured with a

- A) caliper.
- B) dynamometer.
- C) Bod Pod.
- D) BIA.

Answer: <https://biology-forums.com/index.php?topic=339204>

Question 855

The two main types of lymphomas are _____ and _____.

- A) lymph nodes; lymph vessels
- B) carcinomas; sarcomas
- C) Hodgkin; non-Hodgkin
- D) benign; malignant

Answer: <https://biology-forums.com/index.php?topic=339789>

Question 856

During which phase of life do most people reach their physical peak?

- A) 20s or 30s
- B) teens or 20s
- C) 30s or 40s
- D) 40s or 50s

Answer: <https://biology-forums.com/index.php?topic=339958>

Question 857

The improvements in oxygen delivery seen with training are a result of _____.

- A) an increase in hemoglobin
- B) a decrease in blood plasma
- C) a decrease in stroke volume
- D) an increase in lung capacity

Answer: <https://biology-forums.com/index.php?topic=338827>

Question 858

A person believes that he may develop lung cancer if he continues to smoke. This is an example of

- A) perceived susceptibility.
- B) perceived invincibility.
- C) perceived problems with confidence.
- D) perceived problems with competence.

Answer: <https://biology-forums.com/index.php?topic=338591>

Question 859

The most common steroid in the body is

- A) estrogen.
- B) cholesterol.
- C) testosterone.
- D) ACTH.

Answer: <https://biology-forums.com/index.php?topic=339307>

Question 860

Changing your behavioral response to stress involves

- A) ignoring the stressor.
- B) continuing to respond the way you always have to a stressor.
- C) acquiring more possessions.
- D) assessing the stressor.

Answer: <https://biology-forums.com/index.php?topic=339603>

Question 861

Diane recently quit smoking and started a support group for former smokers. As a result of these actions, she has improved which dimension of wellness?

- A) environmental and intellectual
- B) physical only
- C) social and spiritual
- D) environmental, physical, social, spiritual, and financial

Answer: <https://biology-forums.com/index.php?topic=338529>

Question 862

Which of the following statements is true regarding osteoporosis?

- A) Bone density decreases as estrogen levels increase.
- B) Low bone density is obvious due to the many symptoms that accompany this condition.
- C) Bone density can be improved with regular, weight-bearing exercise.
- D) Bone density assessments are painful and difficult to perform.

Answer: <https://biology-forums.com/index.php?topic=339766>

Question 863

Allostatic load can lead to

- A) high blood pressure.
- B) a return to homeostasis.
- C) eustress.
- D) increased immunity.

Answer: <https://biology-forums.com/index.php?topic=339562>

Question 864

Which waist-to-hip ratio is an indicator of high risk in young women?

- A) 0.94 or more
- B) 0.82 or more
- C) 0.74 or more
- D) 0.62 or more

Answer: <https://biology-forums.com/index.php?topic=339191>

Question 865

How long should the exercise-to-rest transition take?

- A) 20 to 30 minutes
- B) 5 to 15 minutes
- C) 2 to 3 minutes
- D) less than 1 minute

Answer: <https://biology-forums.com/index.php?topic=338702>

Question 866

A mass of cells that serves no physiological function and that may grow and spread into other areas is known as what?

Answer: <https://biology-forums.com/index.php?topic=339833>

Question 867

Which of the following factors increases a person's risk for cardiovascular disease?

- A) a low stress level
- B) smoking
- C) a diet low in saturated fats
- D) an active lifestyle

Answer: <https://biology-forums.com/index.php?topic=339695>

Question 868

_____ is the medical term for a heart attack.

- A) CVD (cardiovascular disease)
- B) Atherosclerosis

C) CAD (coronary artery disease)

D) MI (myocardial infarction)

Answer: <https://biology-forums.com/index.php?topic=339682>

Question 869

Approximately what percentage of individuals who try dieting regains the weight within two years or less?

A) 75%

B) 50%

C) 33%

D) 10% or fewer

Answer: <https://biology-forums.com/index.php?topic=339454>

Question 870

Living intimately together without being married is known as what?

Answer: <https://biology-forums.com/index.php?topic=339999>

Question 871

Making choices and taking actions over time that perpetuate the well-being of oneself, one's partner, and the relationship is known as

A) cohabitation.

B) self-care.

C) active listening.

D) commitment.

Answer: <https://biology-forums.com/index.php?topic=339966>

Question 872

Small hairlike projections in the respiratory tract that filter out unwanted particles are called

A) mucus.

B) cilia.

C) alveoli.

D) capillaries.

Answer: <https://biology-forums.com/index.php?topic=338767>

Question 873

Karen was almost finished with a research paper when her computer crashed. The computer malfunction would be considered

A) a stress response.

B) a stressor.

C) eustress.

D) a fight-or-flight response.

Answer: <https://biology-forums.com/index.php?topic=339524>

Question 874

Stretching that involves using voluntary contractions to help facilitate relaxation is known as

A) static stretching.

B) PNF stretching.

C) dynamic stretching.

D) ballistic stretching.

Answer: <https://biology-forums.com/index.php?topic=339089>

Question 875

A surgical retrieval of cells for microscopic or biochemical examination of their characteristics is known as what?

Answer: <https://biology-forums.com/index.php?topic=339834>

Question 876

Heart disease present at birth is known as

A) coronary heart disease.

B) myocardial infarction.

C) arterial stenosis.

D) congenital heart disease.

Answer: <https://biology-forums.com/index.php?topic=339692>

Question 877

Congestive heart failure results in

- A) infection.
- B) birth defects.
- C) an enlarged heart.
- D) an accumulation of plaque in artery walls.

Answer: <https://biology-forums.com/index.php?topic=339689>

Question 878

Dietary factors contributing to the incidence of obesity worldwide include

- A) high fat consumption.
- B) low meat consumption.
- C) low sugar consumption.
- D) high whole grain consumption.

Answer: <https://biology-forums.com/index.php?topic=339418>

Question 879

Research has shown that _____ decreases a person's risk for chronic disease.

- A) physical inactivity
- B) smoking
- C) high caloric intake
- D) physical activity

Answer: <https://biology-forums.com/index.php?topic=338553>

Question 880

The relative amounts of fat and lean tissue in the body are known as what?

Answer: <https://biology-forums.com/index.php?topic=339238>

Question 881

Menopause increases a woman's risk for cardiovascular disease by causing

- A) an increase in HDLs.
- B) an increase in LDLs.
- C) an increase in estrogen levels.
- D) a decrease in LDLs.

Answer: <https://biology-forums.com/index.php?topic=339712>

Question 882

Cardiorespiratory fitness is defined as

- A) the maximal amount of blood expelled per beat.
- B) the maximum amount of weight that can be lifted one time.
- C) the ability of the cardiovascular and respiratory systems to supply oxygen to muscles.
- D) the ability of the muscular system to generate power during interval training.

Answer: <https://biology-forums.com/index.php?topic=338759>

Question 883

Women can lose up to what percentage of bone mass in the first five to seven years after menopause?

- A) 5%
- B) 10%
- C) 20%
- D) 30%

Answer: <https://biology-forums.com/index.php?topic=339768>

Question 884

The best method of evaluating risk from blood cholesterol is to

- A) get an EKG.
- B) confer with a general practitioner physician.
- C) examine the ratio of HDL to total cholesterol.
- D) measure your daily intake of trans fat.

Answer: <https://biology-forums.com/index.php?topic=339701>

Question 885

A BMI between 25 and 29.9 is classified as

- A) normal weight.
- B) acceptable weight.
- C) overweight.
- D) obese.

Answer: <https://biology-forums.com/index.php?topic=339170>

Question 886

Bioelectrical impedance is based on the principle that

- A) lean tissue is less dense than fat tissue.
- B) lean tissue is a better conductor of an electrical current than fat tissue.
- C) water travels more efficiently through fat tissue than lean tissue.
- D) fat floats and lean tissue sinks.

Answer: <https://biology-forums.com/index.php?topic=339218>

Question 887

A conviction that one can control events and factors in one's life is known as

- A) relapse.
- B) prevention.
- C) locus of control.
- D) contemplation.

Answer: <https://biology-forums.com/index.php?topic=338594>

Question 888

People with an internal motivation to participate in fitness activities focus on

- A) improving body composition.
- B) gaining muscle.
- C) enjoying the activity.
- D) completing the task of exercise.

Answer: <https://biology-forums.com/index.php?topic=338616>

Question 889

Sarah narrowly avoided a traffic accident and is experiencing rapid heart rate and other symptoms of the fight-or-flight stress response. Based on her physical and emotional state, Sarah is in which stage of the general adaptation syndrome?

- A) action
- B) alarm
- C) resistance
- D) assessment

Answer: <https://biology-forums.com/index.php?topic=339551>

Question 890

Most people with chlamydia have

- A) fever and night sweats.
- B) sores at the site of infection.
- C) itching and burning of the genitals.
- D) no symptoms.

Answer: <https://biology-forums.com/index.php?topic=339898>

Question 891

The group of diseases characterized by the uncontrolled growth and spread of abnormal cells is known as what?

Answer: <https://biology-forums.com/index.php?topic=339831>

Question 892

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 893

In the past 25 years, obesity rates for adolescents have

- A) remained the same.
- B) declined slightly.
- C) more than doubled.
- D) more than tripled.

Answer: <https://biology-forums.com/index.php?topic=339392>

Question 894

An STI (sexually transmitted infection) is a(n) _____ infection spread through intimate contact.

- A) viral or bacterial
- B) airborne
- C) staph
- D) vector

Answer: <https://biology-forums.com/index.php?topic=339893>

Question 895

Which ergogenic aid is associated with breast development in men, masculinization in women, depression, and aggression?

- A) amino acid supplements
- B) creatine
- C) growth hormone
- D) anabolic steroids

Answer: <https://biology-forums.com/index.php?topic=339009>

Question 896

The respiratory system consists of

- A) the air passageways and the lungs.
- B) the heart and the blood vessels.
- C) the glands.
- D) the stomach and intestines.

Answer: <https://biology-forums.com/index.php?topic=338761>

Question 897

What is the most logical order of exercises in a weight training circuit?

- A) core exercises, multijoint exercises, single-joint exercises
- B) multijoint exercises, core exercises, single-joint exercises
- C) single-joint exercises, multijoint exercises, core exercises
- D) multijoint exercises, single-joint exercises, core exercises

Answer: <https://biology-forums.com/index.php?topic=338966>

Question 898

Which of the following groups are at greatest risk for the female athlete triad disorder?

- A) soccer players
- B) softball players
- C) gymnasts
- D) swimmers

Answer: <https://biology-forums.com/index.php?topic=339232>

Question 899

_____ is the leading cause of death in the United States.

- A) Cardiovascular disease
- B) Diabetes
- C) Cancer
- D) Pneumonia

Answer: <https://biology-forums.com/index.php?topic=339642>

Question 900

An individual muscle cell within each skeletal muscle is called a

- A) muscle fiber.
- B) fascicle.
- C) myofibril.
- D) muscle body.

Answer: <https://biology-forums.com/index.php?topic=338917>

Question 901

A state of physiological equilibrium is known as which of the following?

- A) eustress
- B) distress
- C) allostasis
- D) homeostasis

Answer: <https://biology-forums.com/index.php?topic=339557>

Question 902

In the United States approximately _____ people are currently infected with HIV/AIDS.

- A) 2 million
- B) 500,000
- C) 1 million
- D) 65 million

Answer: <https://biology-forums.com/index.php?topic=339924>

Question 903

What is the ability to move your joints in a full range of motion?

Answer: <https://biology-forums.com/index.php?topic=338749>

Question 904

A stress management technique that identifies muscular tension and releases it one muscle group at a time is called

- A) biofeedback.
- B) meditation.
- C) progressive muscle relaxation.
- D) eccentric contraction.

Answer: <https://biology-forums.com/index.php?topic=339616>

Question 905

Diseases of the heart and blood vessels are collectively known as which of the following?

- A) cardiovascular disease
- B) atherosclerosis
- C) angina pectoris
- D) arrhythmia

Answer: <https://biology-forums.com/index.php?topic=339636>

Question 906

A measure of the percentage of alcohol or strength of an alcoholic drink is known as what?

Answer: <https://biology-forums.com/index.php?topic=339890>

Question 907

The average healthy life expectancy for males is which of the following?

- A) 68 years
- B) 72 years
- C) 76 years
- D) 81 years

Answer: <https://biology-forums.com/index.php?topic=338542>

Question 908

_____ is the most common form of cardiovascular disease.

- A) Angina pectoris
- B) Hypertension
- C) Coronary heart disease
- D) Arrhythmia

Answer: <https://biology-forums.com/index.php?topic=339675>

Question 909

Which of the following characteristics is the best evidence of a qualified personal trainer?

- A) 5 years of experience
- B) certified by a nationally recognized organization
- C) trains local athletes
- D) has a fit body

Answer: <https://biology-forums.com/index.php?topic=339003>

Question 910

Of the choices below, the most important trait common to all successful relationships is

- A) social integration.
- B) assertiveness.
- C) good communication.
- D) acceptance of differences.

Answer: <https://biology-forums.com/index.php?topic=339961>

Question 911

The simplest method of stretching for individuals who are just starting a stretching program is

- A) static stretching.
- B) PNF stretching.
- C) dynamic stretching.
- D) ballistic stretching.

Answer: <https://biology-forums.com/index.php?topic=339083>