

# ***Fitness and Wellness 13th edition Hoeger Test Bank***

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## Chapter 02

1. Lean body mass (LBM) equals body weight (BW) minus fat weight (FW).
  - a. True
  - b. False

*ANSWER:* True

*POINTS:* 1

*REFERENCES:* 2.7 Body Composition

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.6 - Understand the components of body composition.

*KEYWORDS:* Bloom's: Remember

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2. Essential fat constitutes about 3 percent of the total weight in women.
  - a. True
  - b. False

*ANSWER:* False

*POINTS:* 1

*REFERENCES:* 2.7 Body Composition

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.6 - Understand the components of body composition.

*KEYWORDS:* Bloom's: Remember

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3. Storage fat is the body fat needed for normal physiological functions.
- a. True
  - b. False

*ANSWER:* False

*POINTS:* 1

*REFERENCES:* 2.7 Body Composition

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.6 - Understand the components of body composition.

*KEYWORDS:* Bloom's: Remember

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4. Nonresponders constitute about 15 percent of exercise participants.
- a. True
  - b. False

*ANSWER:* False

*POINTS:* 1

*REFERENCES:* 2.2 Responders Versus Nonresponders

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.1 - Identify the health-related components of physical fitness.

*KEYWORDS:* Bloom's: Remember

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5. Good muscular strength helps to increase or maintain a higher resting metabolic rate.
- a. True
  - b. False

*ANSWER:* True

*POINTS:* 1

*REFERENCES:* 2.5 Muscular Fitness

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.3 - Understand the difference between muscular strength and muscular endurance.

*KEYWORDS:* Bloom's: Remember

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6. Most low back problems in the United States stem from genetic factors.
- a. True
  - b. False

*ANSWER:* False

*POINTS:* 1

*REFERENCES:* 2.6 Muscular Flexibility

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.5 - Assess muscular flexibility.

*KEYWORDS:* Bloom's: Remember

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## Chapter 02

7. A person with functional independence cannot carry out activities of daily living without assistance from others.
- a. True
  - b. False

*ANSWER:* False

*POINTS:* 1

*REFERENCES:* 2.4 Cardiorespiratory Endurance

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.2 - Assess cardiorespiratory fitness.

*KEYWORDS:* Bloom's: Remember

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8. A constant negative caloric balance leads to a decrease in lean body mass.
- a. True
  - b. False

*ANSWER:* True

*POINTS:* 1

*REFERENCES:* 2.7 Body Composition

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.9 - Assess disease risk based on body mass index (BMI), waist circumference, and waist-to-height ratio.

*KEYWORDS:* Bloom's: Remember

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9. The 1.0-Mile-Walk Test alone can determine an individual's overall level of fitness.

- a. True
- b. False

*ANSWER:* False

*POINTS:* 1

*REFERENCES:* 2.3 Fitness Assessment Battery

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.1 - Identify the health-related components of physical fitness.

*KEYWORDS:* Bloom's: Remember

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10. Too much flexibility leads to unstable and loose joints, which can actually increase the likelihood of injury.

- a. True
- b. False

*ANSWER:* True

*POINTS:* 1

*REFERENCES:* 2.6 Muscular Flexibility

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.5 - Assess muscular flexibility.

*KEYWORDS:* Bloom's: Remember

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11. The most widely used technique for determining thinness and excessive fat is the \_\_\_\_.
- a. 1.0-Mile-Walk Test
  - b. Basal Metabolic Rate
  - c. Muscular Endurance Test
  - d. Strength Test
  - e. Body Mass Index

*ANSWER:* e

*POINTS:* 1

*REFERENCES:* 2.7 Body Composition

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.7 - Assess body composition.

*KEYWORDS:* Bloom's: Remember

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12. When taking skinfold thickness measurements, which of the following guidelines should be followed?
- a. Use the chest, abdomen, and thigh skinfolds for women.
  - b. Use the triceps, suprailium, and thigh skinfolds for men.
  - c. Take all measurements on the right side of the body with the person standing.
  - d. Take all measurements on the left side of the body with the person lying in a supine position.
  - e. Measure each site twice.

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* 2.7 Body Composition

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.7 - Assess body composition.

*KEYWORDS:* Bloom's: Remember

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13. Which body composition assessment method uses low-dose beams of X-ray energy?

- a. Hydrostatic weighing
- b. Air displacement
- c. Skinfold thickness
- d. Bioelectrical impedance
- e. DEXA

*ANSWER:* e

*POINTS:* 1

*REFERENCES:* 2.7 Body Composition

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.7 - Assess body composition.

*KEYWORDS:* Bloom's: Remember

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14. Storage fat is stored \_\_\_\_.

- a. in muscle tissue
- b. in adipose tissue
- c. only around the heart
- d. only in the abdomen
- e. in the skin

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* 2.7 Body Composition

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.6 - Understand the components of body composition.

*KEYWORDS:* Bloom's: Remember

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15. Much of the blood glucose from food consumption goes to the muscles, where it is stored as \_\_\_\_.
- a. triglycerides
  - b. glycogen
  - c. protein
  - d. glucagon
  - e. sucrose

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* 2.5 Muscular Fitness

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.3 - Understand the difference between muscular strength and muscular endurance.

*KEYWORDS:* Bloom's: Remember

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16. What is muscular endurance?
- a. The muscle's ability to exert maximum force against resistance
  - b. The muscle's ability to participate in many types of sports or activities
  - c. The ability of a muscle to achieve a wide range of motion
  - d. The ability of a muscle to exert submaximal force repeatedly over time
  - e. The capacity of muscles to stretch beyond their normal resting length

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* 2.5 Muscular Fitness

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.3 - Understand the difference between muscular strength and muscular endurance.

*KEYWORDS:* Bloom's: Remember

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17. Gynoid obesity is seen in people who store fat primary around \_\_\_\_.

- a. the trunk
- b. the abdomen
- c. the thighs
- d. the breasts
- e. the arms

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* 2.7 Body Composition

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.7 - Assess body composition.

*KEYWORDS:* Bloom's: Remember

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18. Which BMI range is considered normal?

- a. 14 to 18
- b. 18.5 to 21
- c. 22 to 25
- d. 26 to 33
- e. 34 to 37

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* 2.7 Body Composition

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.7 - Assess body composition.

*KEYWORDS:* Bloom's: Remember

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19. Which upper body exercise, used for the muscular endurance test, is performed only by men?

- a. Modified Pushup
- b. Bench Jump
- c. 1 RM
- d. Modified Dip
- e. Abdominal Crunch

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* 2.5 Muscular Fitness

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.4 - Assess muscular strength.

*KEYWORDS:* Bloom's: Remember

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20. Muscular flexibility relates primarily to \_\_\_\_ and the index of physical activity.

- a. body temperature
- b. age
- c. gender
- d. genetic factors
- e. weight

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* 2.6 Muscular Flexibility

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.5 - Assess muscular flexibility.

*KEYWORDS:* Bloom's: Remember

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21. When assessing body composition, why should the same technique be used for pre- and post-test comparisons?
- a. Some techniques yield estimates of body fat, and some yield estimates of bone density.
  - b. Some techniques are highly accurate, and some are usually inaccurate.
  - c. Some techniques measure in grams and others in ounces.
  - d. All the techniques are very time-consuming to set up and administer.
  - e. Each technique might yield slightly different values.

*ANSWER:* e

*POINTS:* 1

*REFERENCES:* 2.7 Body Composition

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.7 - Assess body composition.

*KEYWORDS:* Bloom's: Remember

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22. Some research indicates that lack of improvement in cardiorespiratory endurance among inactive adults might be related to low levels of \_\_\_\_.
- a. leg strength
  - b. blood glucose
  - c. upper body strength
  - d. overall flexibility
  - e. body fat

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* 2.2 Responders Versus Nonresponders

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.1 - Identify the health-related components of physical fitness.

*KEYWORDS:* Bloom's: Remember

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## Chapter 02

23. In general, which is the single most important component of health-related physical fitness?

- a. Body weight
- b. Muscular flexibility
- c. Muscular endurance
- d. Muscular strength
- e. Cardiorespiratory endurance

*ANSWER:* e

*POINTS:* 1

*REFERENCES:* 2.4 Cardiorespiratory Endurance

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.2 - Assess cardiorespiratory fitness.

*KEYWORDS:* Bloom's: Remember

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24. Which health-related component of physical fitness seems the most important in the senior population?

- a. Muscular strength
- b. Muscular endurance
- c. Muscular flexibility
- d. Cardiorespiratory endurance
- e. Body weight

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* 2.5 Muscular Fitness

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.3 - Understand the difference between muscular strength and muscular endurance.

*KEYWORDS:* Bloom's: Remember

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25. Alfred is a 25-year-old male. What is his recommended body fat percent range?

- a. 12 percent to 20 percent
- b. 13 percent to 21 percent
- c. 14 percent to 22 percent
- d. 17 percent to 25 percent
- e. 18 percent to 26 percent

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* 2.7 Body Composition

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.7 - Assess body composition.

*KEYWORDS:* Bloom's: Remember

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26. Susan is a 55-year-old female. What is her recommended body fat percent range?

- a. 12 percent to 20 percent
- b. 13 percent to 21 percent
- c. 14 percent to 22 percent
- d. 17 percent to 25 percent
- e. 19 percent to 27 percent

*ANSWER:* e

*POINTS:* 1

*REFERENCES:* 2.7 Body Composition

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.7 - Assess body composition.

*KEYWORDS:* Bloom's: Remember

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27. Which of the following activities is most likely to promote cardiorespiratory endurance?

- a. Plyometrics
- b. Yoga
- c. Calisthenics
- d. Lifting weights
- e. Cross-country skiing

*ANSWER:* e

*POINTS:* 1

*REFERENCES:* 2.4 Cardiorespiratory Endurance

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.2 - Assess cardiorespiratory fitness.

*KEYWORDS:* Bloom's: Remember

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28. Cardiorespiratory endurance is determined by \_\_\_\_.

- a. maximum heart rate
- b. resting heart rate
- c. VO<sub>2</sub>max
- d. blood oxygen saturation
- e. blood pressure during exercise

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* 2.4 Cardiorespiratory Endurance

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.2 - Assess cardiorespiratory fitness.

*KEYWORDS:* Bloom's: Remember

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## Chapter 02

29. The human body burns about \_\_\_\_ calories for each liter of oxygen consumed.

- a. 2
- b. 5
- c. 8
- d. 12
- e. 15

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* 2.4 Cardiorespiratory Endurance

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.2 - Assess cardiorespiratory fitness.

*KEYWORDS:* Bloom's: Remember

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30. What is maximal oxygen uptake (VO<sub>2</sub>max)?

- a. The maximum amount of oxygen the human body can use per minute of physical activity
- b. The length of time it takes the heart rate to return to normal after exercise
- c. The minimum amount of oxygen the human body can use per minute of physical activity
- d. The time it takes a person to reach a heart rate between 120 and 170 during a 1.0-Mile-Walk Test
- e. The difference between the maximal heart rate and the resting heart rate

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* 2.4 Cardiorespiratory Endurance

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.2 - Assess cardiorespiratory fitness.

*KEYWORDS:* Bloom's: Remember

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31. A maximal oxygen uptake of 45 mL/kg/min. for a 22-year-old male is considered \_\_\_\_.
- a. poor
  - b. fair
  - c. average
  - d. good
  - e. excellent

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* 2.4 Cardiorespiratory Endurance

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.2 - Assess cardiorespiratory fitness.

*KEYWORDS:* Bloom's: Remember

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32. Which assessment gives a good measure of absolute strength but also requires some skill and a considerable amount of time to administer?
- a. Bench Jump
  - b. Modified Pushup
  - c. Modified Dip
  - d. Bent-Leg Curl-up
  - e. 1 RM

*ANSWER:* e

*POINTS:* 1

*REFERENCES:* 2.5 Muscular Fitness

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.4 - Assess muscular strength.

*KEYWORDS:* Bloom's: Remember

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## Chapter 02

33. Which of the following is the best predictor for cardiovascular disease?

- a. Waist size
- b. BMI
- c. Physical fitness
- d. Age
- e. Waist-to-height-ratio

*ANSWER:* e

*POINTS:* 1

*REFERENCES:* 2.7 Body Composition

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.7 - Assess body composition.

*KEYWORDS:* Bloom's: Remember

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34. During the Abdominal Crunch test, you should \_\_\_\_.

- a. shrug your shoulders
- b. place your chin against your chest
- c. regulate your cadence with a metronome set at 60 beats per minute
- d. cross your arms in front of your chest
- e. lie on the floor with your legs straight

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* 2.5 Muscular Fitness

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.4 - Assess muscular strength.

*KEYWORDS:* Bloom's: Remember

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35. Flexibility exercises have been prescribed successfully to treat \_\_\_\_.

- a. dysmenorrhea
- b. type 2 diabetes
- c. arthritis
- d. varicose veins
- e. gastrointestinal problems

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* 2.6 Muscular Flexibility

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.5 - Assess muscular flexibility.

*KEYWORDS:* Bloom's: Remember

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36. How often during a fitness program should you repeat body composition measurements to monitor changes in lean and fat tissue?

- a. Once a week
- b. Once a month
- c. Every 3 months
- d. Every 6 months
- e. Once a year

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* 2.8 Effects of Exercise and Diet on Body Composition

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.9 - Assess disease risk based on body mass index (BMI), waist circumference, and waist-to-height ratio.

*KEYWORDS:* Bloom's: Remember

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37. According to sports medicine specialists, many adults' muscular/skeletal problems and injuries are related to a lack of \_\_\_\_\_.

- a. strength
- b. cardiorespiratory endurance
- c. flexibility
- d. balance
- e. coordination

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* 2.6 Muscular Flexibility

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.5 - Assess muscular flexibility.

*KEYWORDS:* Bloom's: Remember

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38. What is the Modified Sit-and-Reach Test used to assess?

- a. Quadriceps flexibility
- b. Hip flexibility
- c. Hamstring and low back flexibility
- d. Shoulder and chest flexibility
- e. Back and abdominal flexibility

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* 2.6 Muscular Flexibility

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.5 - Assess muscular flexibility.

*KEYWORDS:* Bloom's: Remember

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39. During aerobic exercise, the average person trains at between \_\_\_\_ percent of maximal oxygen uptake.

- a. 40 and 70
- b. 50 and 75
- c. 60 and 80
- d. 70 and 85
- e. 80 and 90

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* 2.4 Cardiorespiratory Endurance

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.2 - Assess cardiorespiratory fitness.

*KEYWORDS:* Bloom's: Remember

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40. Jennifer has a WHtR of 0.6. In which health category is she?

- a. Excellent
- b. Good
- c. Acceptable
- d. Take Care
- e. Take Action

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* 2.7 Body Composition

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.7 - Assess body composition.

*KEYWORDS:* Bloom's: Remember

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*Select the key term most associated with the description below. Each term is used only once.*

- a. android obesity
- b. visceral fat
- c. functional independence
- d. subcutaneous fat
- e. metabolic profile

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- f. principle of individuality
- g. resting metabolism
- h. sarcopenia
- i. stretching
- j. lean body mass

*REFERENCES:* 2.4 Cardiorespiratory Endurance  
2.7 Body Composition  
2.5 Muscular Fitness  
2.6 Muscular Flexibility  
2.3 Fitness Assessment Battery  
2.2 Responders Versus Nonresponders

*QUESTION TYPE:* Matching

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.1 - Identify the health-related components of physical fitness.  
FITW.HOEG.13.2.2 - Assess cardiorespiratory fitness.  
FITW.HOEG.13.2.3 - Understand the difference between muscular strength and muscular endurance.  
FITW.HOEG.13.2.5 - Assess muscular flexibility.  
FITW.HOEG.13.2.7 - Assess body composition.

*KEYWORDS:* Bloom's: Remember

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41. the ability to carry out activities of daily living without assistance from other individuals

*ANSWER:* c

*POINTS:* 1

42. fat deposits directly under the skin

*ANSWER:* d

*POINTS:* 1

43. age-related loss of lean body mass, strength, and function

*ANSWER:* h

*POINTS:* 1

44. the energy requirement to maintain the body's vital processes in the resting state

*ANSWER:* g

*POINTS:* 1

## Chapter 02

45. moving the joints beyond the accustomed range of motion

*ANSWER:* i

*POINTS:* 1

46. obesity pattern seen in individuals who tend to store fat in the trunk or abdominal area

*ANSWER:* a

*POINTS:* 1

47. result of the assessment of diabetes and cardiovascular disease risk through plasma insulin, glucose, lipid, and lipoprotein levels

*ANSWER:* e

*POINTS:* 1

48. fat deposits located around internal organs linked with greater risk for disease

*ANSWER:* b

*POINTS:* 1

49. nonfat component of the body

*ANSWER:* j

*POINTS:* 1

50. training concept that states that genetics plays a major role in individual responses to exercise training and that these differences must be considered when designing exercise programs for different people

*ANSWER:* f

*POINTS:* 1

## Chapter 02

51. Compare health fitness standards and physical fitness standards.

*ANSWER:* Health fitness standards are the lowest fitness requirements for maintaining good health, decreasing the risk for chronic diseases, and lowering the incidence of muscular/skeletal injuries. Attaining the health fitness standards requires only moderate amounts of physical activity. The physical fitness standard is set higher than the health fitness standard and requires a more vigorous exercise program. Physical fitness standards are required criteria to achieve a high level of physical fitness and the ability to do moderate-to vigorous physical activity without undue fatigue.

*POINTS:* 1

*REFERENCES:* 2.3 Fitness Assessment Battery

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.1 - Identify the health-related components of physical fitness.

*KEYWORDS:* Bloom's: Remember

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52. Describe the correct anatomical landmarks for all five skinfold sites.

*ANSWER:* Chest: a diagonal fold halfway between the shoulder crease and the nipple  
Abdomen: a vertical fold about 1 inch to the right of the umbilicus  
Triceps: a vertical fold on the back of the upper arm, halfway between the shoulder and the elbow  
Thigh: a vertical fold on the front of the thigh, midway between the knee and the hip  
Suprailium: a diagonal fold above the crest of the ilium (on the side of the hip)

*POINTS:* 1

*REFERENCES:* 2.7 Body Composition

*QUESTION TYPE:* Objective Short Answer

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.7 - Assess body composition.

*KEYWORDS:* Bloom's: Remember

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## Chapter 02

53. Describe how the Bent-Leg Curl-up is performed.

**ANSWER:** For the Bent-Leg Curl-up, lie down on the floor face up, and bend both legs at the knees at approximately 100 degrees. Your feet should be on the floor, and you must hold them in place yourself throughout the test. Cross your arms in front of your chest, each hand on the opposite shoulder. Now raise your head off the floor, placing your chin against your chest. This is the starting and finishing position for each curl-up. The back of the head may not contact the floor, the hands cannot be removed from the shoulders, and neither the feet nor the hips can be raised off the floor at any time during the test. The test is terminated if any of these four conditions occur. When you curl up, your upper body must come to an upright position before going back down. The repetitions are performed to a two-step cadence (up-down) regulated with the metronome set at 40 beats per minute. Count as many repetitions as you can perform following the proper cadence. The test is terminated if you fail to maintain the appropriate cadence or if you accomplish 100 repetitions.

**POINTS:**

1

**REFERENCES:**

2.5 Muscular Fitness

**QUESTION TYPE:**

Objective Short Answer

**HAS VARIABLES:**

False

**LEARNING OBJECTIVES:** FITW.HOEG.13.2.4 - Assess muscular strength.

**KEYWORDS:**

Bloom's: Remember

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54. List and describe the different ways in which body composition can be assessed.

**ANSWER:** Skinfold thickness: measure thickness of skin at different sites on the body for men and women  
Girth measurement: measurement around the middle of a body part, usually the waist  
Bioelectrical impedance: electrical sensors are placed on the skin to estimate body fat, lean mass, and body water  
Hydrostatic weighing: a person's regular weight is compared with their weight underwater  
Air displacement: computerized pressure sensors determine the amount of air displaced by a person sitting in an airtight chamber  
Dual energy X-ray absorptiometry (DEXA): low-dose beams of X-ray energy measure total body fat mass, fat distribution pattern, and bone density

**POINTS:**

1

**REFERENCES:**

2.7 Body Composition

**QUESTION TYPE:**

Objective Short Answer

**HAS VARIABLES:**

False

**LEARNING OBJECTIVES:** FITW.HOEG.13.2.5 - Assess muscular flexibility.

**KEYWORDS:**

Bloom's: Remember

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## Chapter 02

55. Differentiate between android obesity and gynoid obesity. Based on recent evidence, discuss which group(s) of individuals are at an increased risk of developing chronic diseases and which of these diseases have been reported.

*ANSWER:*

Android obesity is seen in individuals who tend to store fat in the trunk or abdominal area (which produces the “apple” shape). Gynoid obesity is seen in people who store fat primarily around the hips and thighs (which creates the “pear” shape). Obese individuals with abdominal fat are clearly at higher risk for heart disease, hypertension, type 2 diabetes, stroke, some types of cancer, dementia, migraines, and diminished lung function. Evidence also indicates that among individuals with a lot of abdominal fat, those whose fat deposits are located around internal organs (intra-abdominal or visceral fat) rather than subcutaneously or retroperitoneally have an even greater risk for disease than those with fat mainly just beneath the skin (subcutaneous fat). Of even greater significance, the results of a recent study that followed more than 350,000 people over almost 10 years concluded that even when body weight is viewed as “normal,” individuals with a large waist circumference nearly double the risk for premature death. Researchers believe visceral fat secretes harmful inflammatory substances that contribute to chronic conditions.

*POINTS:*

1

*REFERENCES:*

2.7 Body Composition

*QUESTION TYPE:*

Objective Short Answer

*HAS VARIABLES:*

False

*LEARNING OBJECTIVES:* FITW.HOEG.13.2.7 - Assess body composition.

*KEYWORDS:*

Bloom's: Remember

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