**Hope 1 unit 1**

**IMAGE LINK FOR UNIT 1**

<https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.floridabar.org%2Fvolbars%2Fget-recognized-for-health-and-wellness%2F&psig=AOvVaw3ceB10n8_wQ-3w8timZS0K&ust=1650201398336000&source=images&cd=vfe&ved=0CAkQjRxqFwoTCOCfnbbVmPcCFQAAAAAdAAAAABAZ>



**Unit 1 lesson 1**

**EX A. TRUE/FALSE**

Exercise is considered a type of physical activity that requires planned, structured, and repetitive bodily movement to improve or maintain one or more components of physical fitness.

True

Chronic diseases are illnesses that develop and last over a short period of time.

False

Healthy life expectancy (HLE) is the number of years a person is expected to live in good health; this number is obtained by subtracting ill-health years from overall life expectancy.

True

Sedentary Death Syndrome (SeDS) are deaths that are attributed to a lack of regular physical activity.

True

Life expectancy is the number of years a person is expected to live based on the person’s gender.

False

**EX B. MULTIPLE CHOICE**

Physical activity is bodily movement produced by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that requires energy expenditure and produces progressive health benefits.

**a. Skeletal muscles**

b. Smooth muscles

c. Cardiac muscles

d. none of the above

Which of the following best describes the term ‘exercise’?

a. A type of physical activity that requires simple bodily movement to improve physical fitness.

b. A type of emotional activity that requires planned and repetitive bodily movement to improve physical fitness.

c. **A type of physical activity that requires planned and repetitive bodily movement to improve physical fitness.**

d. none of the above

According to the statistics in this text, which of the following is the leading cause of death in The United States?

a. **Cardiovascular diseases**

b. Muscular diseases

c. Respiratory diseases

d. none of the above

According to the statistics in this text, which of the following countries has the highest life expectancy?

a. Ireland

b. Canada

**c. Japan**

d. none of the above

**Unit 1 lesson 2**

**EX A TRUE/FALSE**

Vigorous intensity aerobic physical activity is defined as an activity similar to yoga that causes rapid breathing and a substantial increase in heart rate.

False

Moderate intensity aerobic physical activity is defined as the equivalent of a brisk walk that noticeably increases the heart rate.

True

Risk factors are characteristics that predict the chances for developing a certain ability.

False

Wellness is the constant and deliberate effort to stay healthy and achieve the highest potential for well-being.

True

Physical fitness is the general capacity to adapt and respond favorably to physical effort.

True

**Ex B MULTIPLE CHOICE**

1. Health-related fitness has four components:

Respiratory endurance, muscular strength and endurance, \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_.

a. muscular flexibility and physical inability

b. **muscular flexibility and body composition**

c. hypertension and body composition

d. none of the above

2. Which of the following are NOT components of skill-related fitness?

a. balance

b. reaction time

**c. production**

d. speed

3. Body composition is the amount of \_\_\_\_\_\_\_\_\_\_\_\_ and adipose tissue in the human body.

**a. lean body mass**

b. fatty tissue

c. bulk muscle

d. none of the above

4. To what figure did health costs rise to in 2005?

a. 12 billion

b. 2 billion

**c. 2 trillion**

d. 12 trillion

5. Coordination involves the integration of which 2 systems in the body

a. nervous and reproductive system

b. lymphatic and muscular system

**c. nervous and muscular system**

d. none of the above

**UNIT 1 LESSON 3**

**EX A TRUE/FALSE**

Agility is the ability to change body position and direction quickly and efficiently.

True

Balance is the ability to maintain the body in shape.

False

Coordination is the integration of the nervous system and the muscular system to produce correct, graceful, and harmonious body movements.

True

Skill-related fitness are components of fitness important for successful motor performance in athletic events and in lifetime sports and activities.

True

Every 2 years, the U.S. Department of Health and Human Services releases a list of objectives for preventing disease and promoting health.

False

**EX B MULTIPLE CHOICE**

The term MET is short for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a. Metabolic equivalent**

b. Metabolic expenditure

c. Metabolic existence

d. none of the above

The U.S. Department of Health and Human Services include:

Personal responsibility; Health promotion and disease prevention; and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

a. National insurances for all people

**b. Health benefits for all people**

c. A national fitness movement

d. none of the above

Which of the following are NOT healthy lifestyle habits according to research?

a. Do not smoke cigarettes

b. Avoid snacking

**c. Sleep 4 to 5 hours each night**

d. Eat right

The stage in which people are unwilling to change their behavior is called\_\_\_\_\_\_\_.

**a. Precontemplation stage**

b. Contemplation stage

c. Prerequisite stage

d. none of the above

The time required to initiate a response to a given stimulus is called \_\_\_\_\_\_\_.

**a. Reaction time**

b. Recreational time

c. Active time

d. none of the above

**UNIT 1 LESSON 4**

**EX A TRUE/FALSE**

Because fitness and wellness needs vary from one person to another, exercise and wellness prescriptions must be personalized for best results.

True

Most people still don’t adhere to a healthy lifestyle.

True

Is using the mind and keeping your brain engaged throughout life to maintain cognitive function, a way to improve your health?

True

Eating right decreases your quality of life.

False

Behavior modifications are actions required in order to make permanent changes in behavior.

True

**EX B MULTIPLE CHOICE**

The term epidemiological deals with the study of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. the skin

b. the brain

**c. diseases**

d. tumors

As compared with prolonged moderate-intensity activity, which level of intensity has been shown to provide best aerobic results?

**a. vigorous intensity**

b. mild intensity

c. extended intensity

d. none of the above

Which of the following is NOT a behavior addressed in the process of willful change?

a. stop negative behavior

b. prevent relapse of negative behavior

**c. strengthen negative behavior**

d. maintain positive behavior

During the maintenance stage, a person continues to adhere to behavior change for-

a. more than 5 years

**b. up to 5 years**

c. at least 1 year

d. none of the above

Which stage requires the most commitment of time and energy by the individual

a. termination stage

**b. action stage**

c. preparation stage

d. maintenance stage

**UNIT 1 LESSON 5**

**EX A TRUE/FALSE**

Precontemplation stage is the stage of change in which people are unwilling to change their behavior.

True

Contemplation stage is the stage of change in which people are considering changing behavior in the next 2 years.

False

Motivation is the desire and will to do something.

True

Objectives are steps required to reach each goal.

True

Goal is the ultimate aim toward which effort is directed.

True

**EX B MULTIPLE CHOICE**

Three impediments that can keep people from entering the preparation stages are:

Competence, Confidence and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a. motivation**

b. conclusion

c. continuation

d. none of the above

Which of the following leads to problems of confidence?

a. Starting over.

**b. Lacking the skills to get a given task done.**

c. Accomplishing the task.

d. none of the above

Surrounding yourself with people who will work toward a common goal with you is called \_

**a. Social support**

b. Circle of friends

c. Meeting of colleagues

d. none of the above

Having a positive outlook includes taking an optimistic approach and \_\_\_\_\_.

a. getting started

b. keeping track of your goals

**c. believing in yourself**

d. none of the above

According to the text, reinforcement involves:

**a. repeating a behavior that is rewarded**

b. completing a task once

c. new habits

d. none of the above

**UNIT 1 PROJECT - Health, Wellness and Physical Fitness**

Using what you have learned from the unit, write a poem with at least 4 paragraphs about health, wellness and physical fitness. You may draw or copy and paste photos to compliment your project.

Your project should be headed up as a presentation, with your name, date, unit and project title, in bold at the top of the assignment.

You should also be creative and go the extra mile in order to display all that you have learned from the chapter.

You are required to cite some sources from your research for this project.

**IMAGE LINK FOR PROJECT PAGE-**

<https://www.google.com/url?sa=i&url=https%3A%2F%2Fsharyncahill.com%2Fwhat-is-health-and-wellness%2F&psig=AOvVaw3ceB10n8_wQ-3w8timZS0K&ust=1650201398336000&source=images&cd=vfe&ved=0CAkQjRxqFwoTCOCfnbbVmPcCFQAAAAAdAAAAABAD>

