

## **HHP 150- LIFETIME FITNESS CONCEPTS MIDTERM REVIEW (CH. #1-5)**

\*\*\* The midterm exam consists of 50 multiple choice questions-about 40 will come from the power-points & 10 will be related to our lectures and in-class discussions!!!!

1. Identify the Surgeon General's summary on Physical Activity & Health! \*All adults should **accumulate, 30 mins, mod int activity, most days/week!**
2. Hypokinetic diseases (due to physical inactivity) that can be reduced via a "physically active lifestyle" include: **BP/obesity/CHD/diabetes/etc**
3. Identify the ACSM Exercise Guidelines for Healthy Adults according to:  
a. Mode- a/anaerobic b. Int- THR/PER c. Dur/Time-20-60mins d. Freq 3-5d/w
4. Review the Exercise Principles we apply to aerobic or anaerobic training?  
a. overload b. progression c. individuality d. specificity e. disuse/reversibility
5. The 5 major components of health related physical fitness assessed in our PSU Lab include?... Max VO<sub>2</sub>- Body Comp -Flex- Musc St & Musc Endur  
Lab test used is?...**step test -%fat &W/H Ratio-sitNreach- grip test-crunches**
6. Common training effects (TE's) or positive/healthy changes associated w/chronic aerobic activity programs are? **<RHR >MaxVO<sub>2</sub> >Hb >E**
7. Physiological TE take \_\_\_ weeks to appear and it takes \_\_\_ months for chronic activity or exercise programs to become a habit! Are TE's permanent? **Natha!**
8. What are the key "adherence variables" associated with a regular, lifelong personal exercise program? **Evaluation, same time of day, friends, FUN activity, convenient, accessible facility**
9. Play RISKY & identify the major 4 modifiable lifestyle risk factors for CHD!  
a. smoking b. cholesterol (TBC/HDL/LDL) c. blood pressure (BP) d. activity level
10. The better indicator of CHD risk is... TBC(total)??? or **RATIO** (TBC/HDL)???
11. Happy or "Good" is **HDL** cholesterol & Lethal or "bad" is **LDL** cholesterol?
12. What factors have + or - effect on Basal Metabolic Rate(BMR)? **MM/Exercise**
13. Identify the common stretching techniques. **static/ballistic/partner/PNF**
14. Which is best for athletes? **Partner/PNF** Typical exercise enthusiasts? **static** or YOU personally \_\_\_\_\_???
15. What body area is targeted for flexibility work to prevent injury (**low back**) and ...how long should one hold a static stretch position **10-30 secs?**
16. Define the following terms:  
A. Hypertrophy **>mass or size** B. Isokinetic/Isometric/Isotonic **mach/?/reg**  
C. Concentric/Eccentric Work **+/-** D. Repetition Max(vs 1 RM) **># reps/PB**
17. What kind of exercise equipment does the new SRC contain for students to use? (**recumbent exercise bikes, free weights, treadmills, elliptical & cool wt machines & exercise equipment**)
18. What are realistic expectations or T.E.'s from participation in either a typical strength or endurance weight training program for adults? (**10-15 %**) (**greater at first...**)
19. Explain how the major exercise principles of **OVERLOAD, PROGRESSION, SPECIFICITY, REVERSIBILITY & INDIVIDUALITY** are applied to weight training.
20. Review the data from our 3 HW assignments... Identify the health **FACTORS & Tips!**

\*\*\* Calculate your personal THR using the ACSM formula( $220 - \text{age} \times ??$  &  $??$ ). What is the relationship between THR and age?

### **SAMPLE QUESTION**

\*\*\* The major problem area for **strength** loss is in the ???: A. upper body B. neck and chest muscles **C. lower back and abdominal area** D. lower leg muscles

\*\*\* Have a 882E Scantron and a #2 pencil (we have FREEEE HHP150 Scantrons here in the classroom prior to the test. The first 5 minutes on test day are reserved for any student review ?'s

# Lifetime Health Study Guide Answers

**RJ Alexander**



**Lifetime Health Study Guide Answers:**

## Unveiling the Magic of Words: A Overview of "**Lifetime Health Study Guide Answers**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Lifetime Health Study Guide Answers**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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