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| 1. | The director of the Harvard Fatigue Laboratory was      |  |  | | --- | --- | | A. | A.V. Hill. |  |  |  | | --- | --- | | B. | August Krogh. |  |  |  | | --- | --- | | C. | Otto Meyerhof. |  |  |  | | --- | --- | | D. | D.B. Dill. | |

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| 2. | The professional society that has published a health-related fitness manual for public schools is the      |  |  | | --- | --- | | A. | American College of Sports Medicine. |  |  |  | | --- | --- | | B. | American Alliance for Health, Recreation, Physical Education, and Dance. |  |  |  | | --- | --- | | C. | American Physiological Society. |  |  |  | | --- | --- | | D. | Association for Fitness in Business. | |

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| 3. | Name the journal that regularly publishes research articles dealing with exercise physiology.      |  |  | | --- | --- | | A. | *International Journal of Sports Medicine* |  |  |  | | --- | --- | | B. | *Science* |  |  |  | | --- | --- | | C. | *Annals of Internal Medicine* |  |  |  | | --- | --- | | D. | *Journal of the American Medical Association* | |

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| 4. | Which American president played a role in the formation of the President's Council on Youth Fitness?      |  |  | | --- | --- | | A. | Nixon |  |  |  | | --- | --- | | B. | Eisenhower |  |  |  | | --- | --- | | C. | Clinton |  |  |  | | --- | --- | | D. | Kennedy | |

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| 5. | Which of the following is a certification offered by the National Strength and Conditioning Association?      |  |  | | --- | --- | | A. | Exercise Specialist |  |  |  | | --- | --- | | B. | Health/Fitness Instructor |  |  |  | | --- | --- | | C. | Certified Strength and Conditioning Specialist |  |  |  | | --- | --- | | D. | Registered Clinical Exercise Physiologist | |

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| 6. | The European scientist who was awarded a Nobel Prize for his work measuring heat production during muscle contraction and recovery was      |  |  | | --- | --- | | A. | A.V. Hill. |  |  |  | | --- | --- | | B. | August Krogh. |  |  |  | | --- | --- | | C. | Otto Meyerhof. |  |  |  | | --- | --- | | D. | D.B. Dill. | |

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| 7. | A strong influence on fitness programs in schools about 100 years ago was      |  |  | | --- | --- | | A. | the development of Olympic athletes. |  |  |  | | --- | --- | | B. | war or the threat of war. |  |  |  | | --- | --- | | C. | the obesity epidemic. |  |  |  | | --- | --- | | D. | all of the above. | |

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| 8. | Approximately 60% of adults engage in regular physical activity. This is      |  |  | | --- | --- | | A. | true. |  |  |  | | --- | --- | | B. | false. | |

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| 9. | Many scientists believe that important questions related to exercise and chronic diseases may be answered by research into      |  |  | | --- | --- | | A. | smoking. |  |  |  | | --- | --- | | B. | hand washing. |  |  |  | | --- | --- | | C. | molecular genetics. |  |  |  | | --- | --- | | D. | none of the above. | |

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| 1. | The director of the Harvard Fatigue Laboratory was      |  |  | | --- | --- | | A. | A.V. Hill. |  |  |  | | --- | --- | | B. | August Krogh. |  |  |  | | --- | --- | | C. | Otto Meyerhof. |  |  |  | | --- | --- | | **D.** | D.B. Dill. | |

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| *Powers - Chapter 01 #1* |

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| 2. | The professional society that has published a health-related fitness manual for public schools is the      |  |  | | --- | --- | | A. | American College of Sports Medicine. |  |  |  | | --- | --- | | **B.** | American Alliance for Health, Recreation, Physical Education, and Dance. |  |  |  | | --- | --- | | C. | American Physiological Society. |  |  |  | | --- | --- | | D. | Association for Fitness in Business. | |

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| *Powers - Chapter 01 #2* |

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| 3. | Name the journal that regularly publishes research articles dealing with exercise physiology.      |  |  | | --- | --- | | **A.** | *International Journal of Sports Medicine* |  |  |  | | --- | --- | | B. | *Science* |  |  |  | | --- | --- | | C. | *Annals of Internal Medicine* |  |  |  | | --- | --- | | D. | *Journal of the American Medical Association* | |

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| *Powers - Chapter 01 #3* |

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| 4. | Which American president played a role in the formation of the President's Council on Youth Fitness?      |  |  | | --- | --- | | A. | Nixon |  |  |  | | --- | --- | | **B.** | Eisenhower |  |  |  | | --- | --- | | C. | Clinton |  |  |  | | --- | --- | | D. | Kennedy | |

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| *Powers - Chapter 01 #4* |

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| 5. | Which of the following is a certification offered by the National Strength and Conditioning Association?      |  |  | | --- | --- | | A. | Exercise Specialist |  |  |  | | --- | --- | | B. | Health/Fitness Instructor |  |  |  | | --- | --- | | **C.** | Certified Strength and Conditioning Specialist |  |  |  | | --- | --- | | D. | Registered Clinical Exercise Physiologist | |

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| *Powers - Chapter 01 #5* |

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| 6. | The European scientist who was awarded a Nobel Prize for his work measuring heat production during muscle contraction and recovery was      |  |  | | --- | --- | | **A.** | A.V. Hill. |  |  |  | | --- | --- | | B. | August Krogh. |  |  |  | | --- | --- | | C. | Otto Meyerhof. |  |  |  | | --- | --- | | D. | D.B. Dill. | |

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| *Powers - Chapter 01 #6* |

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| 7. | A strong influence on fitness programs in schools about 100 years ago was      |  |  | | --- | --- | | A. | the development of Olympic athletes. |  |  |  | | --- | --- | | **B.** | war or the threat of war. |  |  |  | | --- | --- | | C. | the obesity epidemic. |  |  |  | | --- | --- | | D. | all of the above. | |

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| *Powers - Chapter 01 #7* |

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| 8. | Approximately 60% of adults engage in regular physical activity. This is      |  |  | | --- | --- | | A. | true. |  |  |  | | --- | --- | | **B.** | false. | |

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| *Powers - Chapter 01 #8* |

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| 9. | Many scientists believe that important questions related to exercise and chronic diseases may be answered by research into      |  |  | | --- | --- | | A. | smoking. |  |  |  | | --- | --- | | B. | hand washing. |  |  |  | | --- | --- | | **C.** | molecular genetics. |  |  |  | | --- | --- | | D. | none of the above. | |

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| *Powers - Chapter 01 #9* |