Foundations 1E Quiz Questions Lesson 6.1

1. How is exercise different from other forms of physical activity?

a. It involves daily activities and the ability to do them without getting easily tired.

b. It involves a variety of activities.

c. It involves planned, structured, and repetitive activity to improve fitness.

d. It involves using the large muscles of the body.

Answer: \_\_\_\_\_

2. Which is a mental benefit of regular physical activity?

a. reduced anxiety and depression

b. decreased likelihood of obesity

c. increased opportunities to meet new people

d. increased energy

Answer: \_\_\_\_\_

3. Staying physically active can help reduce your risk for type 2 diabetes and heart disease.

a. True

b. False

Answer: \_\_\_\_\_

4. Josh tells his parents that he doesn’t have the time or energy for physical activity. Yet he sits at his computer or watches television for hours. What should his parents recommend to encourage Josh to get some practical physical activity? **Select all that apply.**

a. get active during television commercials or for two-minute breaks from the computer

b. walk three miles once a day

c. do stretching exercises for two minutes at a time

d. do a standing wall plank in the living room

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Which is true about designing a schedule for moderate-to-vigorous exercise?

a. It must be done for 60 minutes without a break.

b. It can be broken up into several activity breaks that add up to 60 minutes.

c. It should be done with friends at the same time each day.

d. It must include organized sports and games.

Answer: \_\_\_\_\_