

Action Plan for Menopause

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LEARNING OBJECTIVES FOR ACTION PLAN FOR MENOPAUSE

After completing this course participants will be able to:

1. Identify the average age for menopause to occur for women in the U.S.
2. Identify the hormone responsible for changes in female sexual characteristics at puberty.
3. Explain why menstrual bleeding changes occur during perimenopause and menopause.
4. Identify the scientific term for hot flashes and night sweats.
5. Identify various methods used to help cope with hot flashes.
6. Identify the disease that is the number killer of women.
7. Identify the benefits of aerobic exercise for menopausal women.
8. Explain how bone density is measured and what happens to bone density during menopause.
9. Identify which activity would be most beneficial to improve bone density.
10. Explain the recommendations for women to follow to reduce the risk of osteoporosis.
11. Explain how the terms physical activity and exercise differ.
12. Identify the components of physical fitness.
13. Explain why muscular fitness is vital for women as they age.
14. Identify and explain the physiological principles that apply to a training program.

15. Explain what the PAR-Q is and how it is used.
16. Explain the importance of goal setting.
17. Explain how to set long term and short term goals.
18. Explain the purpose of a warm-up.
19. Define aerobic exercise.
20. Identify the three factors that need to be considered in determining if a physical exam or physician's clearance is needed before starting an exercise program.
21. Explain what VO2 max is.
22. Explain the methods used to determine intensity level for exercise.
23. Explain how to determine an appropriate target heart rate range.
24. Explain the importance of a cool-down.
25. Explain the terms isometric muscle contraction, and dynamic or isotonic muscle contraction.
26. Explain what a concentric muscle contraction is and what an eccentric muscle contraction is.
27. Identify the losses in strength that occur with aging.
28. Explain the benefits of strength training for middle-aged women.
29. Identify medical contraindications to progressive resistance training.
30. Explain proper breathing and lifting speed to use when lifting weight.
31. Identify tests used to assess muscular strength and endurance and flexibility.
32. Identify the most important factor to incorporate into a fitness training program.
33. Identify the safest type of stretching to use in a general exercise program.
34. Identify contraindicated stretches.
35. Explain the different groups of cardiorespiratory activities.
36. Identify the three nutrients that supply calories and produce energy for the body.
37. Identify the two types of carbohydrates and which one is recommended as the foundation of a healthy diet.

38. Explain the differences as well as the roles played in the body of soluble and insoluble fiber.
39. Explain what is meant by a nutrient dense food.
40. Explain what basal metabolic rate is.
41. Identify the type of bone more prone to fracture.
42. Identify the different types of stressors that can affect the body.
43. Identify several techniques for managing stress.
44. Identify the medical tests that are recommended for middle-aged women.
45. Identify factors to consider when selecting a health club or purchasing equipment to use in-home.



CEC/CEU Test for Action Plan for Menopause

Please choose the BEST answer for each question

1. Even though the average age for menopause to occur is _____ for women in the U.S., the age range can be between _____.
 - A. 60 years of age; 50 and 60 years of age
 - B. 51.5 years of age; 50 and 60 years of age
 - C. 51.3 years of age; 40 and 55 years of age
 - D. 55 years of age; 45 and 60 years of age
2. The stage in the reproductive cycle that begins before menopause and is a time of physical and hormonal changes is known as _____.
 - A. Menarche
 - B. Perimenopause
 - C. Menopausal transition
 - D. Both B and C
3. By definition, a woman has not experienced menopause until it has been _____ following her last menstrual period.
 - A. Three years
 - B. Two years
 - C. One year
 - D. None of the above
4. _____ is produced by the _____ and is the hormone responsible for changes in female sexual characteristics at puberty.
 - A. Estrogen; ovaries
 - B. Estrogen; pituitary gland
 - C. Progesterone; pituitary gland
 - D. Progesterone; hypothalamus

5. Ovulation occurs when _____ increases in the blood and provides hormonal information to the ovaries.
- A. Progesterone
 - B. Luteinizing hormone
 - C. Follicle stimulating hormone
 - D. Estrogen
6. The term for the follicular cells that remain after the egg is released at ovulation is _____.
- A. Estradiol
 - B. Corpus luteum
 - C. Endometrium
 - D. Menstruation
7. Which of the following statements is true regarding changes in menstrual bleeding during menopause?
- A. Low level estrogen exerts its influence on the uterus for a shorter period of time so there is less uterine lining
 - B. Menstrual bleeding occurs at regular intervals and is always very low in volume
 - C. A slow sustained increase in estrogen causes an increase in the lining of the uterus that may result in a heavy prolonged period
 - D. All of the above are true
8. The term used in the scientific community that includes both hot flashes and night sweats is _____.
- A. Vasomotor symptoms
 - B. Vagus stimulation
 - C. Body temperature disruption
 - D. Heat sensitivity
9. Hot flashes appear to be one of the first signs of _____, and approximately _____ of women will experience them.
- A. Perimenopause; 75 percent
 - B. Perimenopause; 50 percent
 - C. Post menopause; 75 percent
 - D. Post menopause; 50 percent
10. Which of the following is NOT recommended as a method for coping with hot flashes?
- A. Eat and drink cool foods and beverages
 - B. Dress in layers
 - C. Exercise regularly
 - D. All of the above are recommendations

11. Which of the following statements regarding hormone therapy is true?
- A. Taking estrogen plus progestin has been shown to help prevent heart disease
 - B. ACOG recommends hormone therapy be taken for the shortest time possible and in the smallest dose for the relief of symptoms
 - C. Hormone therapy is not recommended for women with a history of liver disease blood clotting disorders, and hormone-sensitive cancer
 - D. Both B and C are true
12. Which of the following statements regarding memory problems is NOT true?
- A. Memory problems are especially associated with short-term memory
 - B. Short-term memory loss during middle age only effects women
 - C. Memory problems during middle age may be due to the general effects of aging
 - D. Memory problems during middle age may be associated with changing hormone levels
13. _____ kills more women than any other disease and after menopause the incidence of this disease increases steeply.
- A. Breast cancer
 - B. Kidney diseases
 - C. Cardiovascular disease
 - D. Ovarian cancer
14. Which of the following is NOT considered a risk factor for heart disease?
- A. Family history
 - B. Age
 - C. Osteoporosis
 - D. Hypertension
15. An exercise program as simple as brisk walking for three or more hours per week can reduce the risk of heart attacks in women by _____.
- A. 25 to 30 percent
 - B. 30 to 40 percent
 - C. 40 to 50 percent
 - D. 50 to 60 percent
16. Which of the following is NOT a benefit of aerobic exercise?
- A. It helps maintain a healthy body weight
 - B. It helps reduce blood pressure
 - C. It helps increase LDL cholesterol
 - D. It helps decrease triglyceride levels

17. Bone density may be measured by _____ or computed tomography.
- A. Dual energy x-ray absorptiometry (DEXA)
 - B. Density analysis x-ray absorptiometry (DAXA)
 - C. Erlangen Fitness Osteoporosis Prevention Study (EFOPS)
 - D. Magnetic Resonance Imaging (MRI)
18. At menopause bone mass is lost at a rate of _____ per year.
- A. .75 to 1 percent
 - B. 1 to 1.5 percent
 - C. 2 to 3 percent
 - D. 2.5 to 3.5 percent
19. Other than a decrease in estrogen levels at menopause, which of the following factors might also increase the likelihood of falling and fracture?
- A. Cigarette smoking
 - B. Family history of fracture
 - C. Reduced muscle strength
 - D. All of the above
20. Which of the following activities would be most beneficial to improve bone density?
- A. Swimming
 - B. Weight training
 - C. Cycling
 - D. Yoga
21. Which of the following is NOT a recommendation for women to follow to reduce the risk osteoporosis?
- A. Drink alcohol in moderation, if at all
 - B. Smoke in moderation
 - C. Undertake a reasonable program of physical activity
 - D. Consume adequate calcium and vitamin D
22. According to the National Institute on Aging, the second-largest underlying cause of death in the United States is _____.
- A. Lack of exercise together with poor diet
 - B. Lack of exercise together with smoking
 - C. Poor diet together with obesity
 - D. Smoking together with poor diet

23. Which of the following statements regarding the definitions of physical activity and exercise is NOT true?
- A. Physical activity is any movement that involves effort and so burns calories
 - B. Physical activity is a focused or specific aspect of exercise
 - C. The goal of exercise is to improve physical fitness
 - D. Physical activity can include gardening, vacuuming the floor, or washing the car
24. Brisk walking for 30 minutes is an example of which component of physical fitness?
- A. Muscular endurance
 - B. Muscular strength
 - C. Cardiorespiratory endurance
 - D. Flexibility
25. Muscular fitness is vital for women as they age because it maintains or improves which of the following?
- A. Muscle mass, which boosts metabolic rate
 - B. Bone mass, which helps improve bone strength
 - C. Ability to carry out daily activities, such as carrying a heavy bag of groceries
 - D. All of the above
26. Working a muscle or body system beyond what it is normally accustomed to doing is an example of the _____.
- A. Progression principle
 - B. Overload principle
 - C. Specificity principle
 - D. Maintenance principle
27. Which of the following statements regarding specificity is NOT true?
- A. The body's adaptation to exercise is specific to the type of stress placed on the body
 - B. Adaptations to exercise occur in both metabolic and physiological functions of the body
 - C. Training the aerobic system (for example, long distance running) will also improve the anaerobic system (for example, running sprints.)
 - D. All of the above are true
28. If an exercise program that works the cardiorespiratory system is stopped, the fitness gains made in that system will be reduced after only _____ of no training.
- A. Two weeks
 - B. Three weeks
 - C. One month
 - D. One week

29. The PAR-Q is a _____ and its purpose is to _____.
- A. Fitness assessment; determine an appropriate exercise starting level for a beginner
 - B. Fitness assessment; determine if there any exercises an individual should never do
 - C. Health appraisal; determine if an individual should see a physician before starting an exercise program
 - D. Health appraisal; determine if there certain exercises an individual does not need to include in the program
30. One of the first steps to making exercise a lifelong habit is to _____.
- A. Always schedule exercise sessions to be done first thing in the morning
 - B. Make working out a priority, set aside a time for that works for you, and put it on your calendar
 - C. Do not treat an exercise session like an appointment, but allow flexibility in your schedule so you can work out when you have free time
 - D. Always schedule exercise sessions to be done late in the afternoon
31. Which of the following is the best example of a short term goal?
- A. I will start to exercise more
 - B. I will be able to run two mile without stopping eight months from now
 - C. I will do more cardio exercise and lose weight
 - D. I will be able to walk $\frac{1}{4}$ mile without stopping three weeks from now
32. In order for goals to be met, they must be _____.
- A. Shared with a friend
 - B. Tangible
 - C. Measurable
 - D. Accountable
33. Aerobic exercise increases the fitness level of the _____ because the muscles use more oxygen and this makes the _____ and _____ work harder.
- A. Cardiorespiratory system; heart; lungs
 - B. Muscular system; heart; lungs
 - C. Cardiorespiratory system; leg muscles; arm muscles
 - D. Muscular system; muscles; lungs
34. Which of the following statements regarding the purpose of a warm-up is NOT true?
- A. A warm-up allows blood flow to increase to the muscles and prepares the body for the endurance phase
 - B. A warm-up should last from 3 – 5 minutes and consist of stretching activities
 - C. If the intensity level in the endurance phase is going to be high, the warm-up needs to be longer to prepare the body to work
 - D. All of the above are true

35. The endurance phase of an aerobic activity should be between _____ with the time frame being determined by the _____.
- A. 40 to 60 minutes; mode of exercise
 - B. 20 to 60 minutes; intensity level of the exercise
 - C. 40 to 60 minutes; intensity level of the exercise
 - D. 20 to 60 minutes; mode of exercise
36. Which of the following statements provides the best definition of aerobic exercise?
- A. An intermittent exercise that uses both the large and small muscle groups
 - B. An intermittent high intensity exercise that is done for at least 40 minutes
 - C. An exercise that involves using large muscle groups for a continuous period of time in a rhythmic fashion
 - D. Any exercise that increases the body temperature and breathing frequency
37. A key factor when starting an exercise program is to _____.
- A. Choose an exercise that is challenging
 - B. Choose an exercise you enjoy doing
 - C. Choose an exercise that is accessible to you
 - D. Both B and C
38. Moderate exercise is defined as _____.
- A. An activity within your current capacity that you can do continuously for 30 to 45 minutes
 - B. Any exercise activity that you can maintain for 15 to 20 minutes without stopping
 - C. An activity that is comfortable for you to do continuously for 10 to 15 minutes
 - D. Any exercise that raises your heart rate and breathing frequency and can only be maintained for 10 minutes
39. The three factors you need to consider to determine if you need a physical exam before starting an exercise program are _____, _____, and _____.
- A. Your weight; your age; your heart disease risk factors
 - B. Your heart disease risk factors; your weight; your exercise level
 - C. Your heart disease risk factors; your age; your exercise level
 - D. Your exercise level; your age; your weight
40. Which of the following describes a situation where a physician clearance is required before starting an exercise program?
- A. Over 55 years of age with none or one risk factor and starting a moderate exercise program
 - B. Younger than 55 years of age with none or one risk factor and starting a moderate or vigorous exercise program
 - C. Younger than 55 years of age with two or more risk factors and starting a vigorous exercise program
 - D. Younger than 55 years of age with two or more risk factors and starting a moderate exercise program

41. The number of milliliters of oxygen consumed by your body per kilogram of your body weight each minute is _____ and is a standard marker of aerobic fitness with a _____ indicating a high level of fitness
- A. VO2 max; low VO2 max
 - B. Measured with a 10 second pulse check; low pulse rate
 - C. Measured with a 10 second pulse check; high pulse rate
 - D. VO2 max; high VO2 max
42. To determine the intensity level of selected activities, you can convert your VO2 max value to METS by _____.
- A. Multiplying it by 3.5
 - B. Dividing it by 3.5
 - C. Multiplying it by 2.5
 - D. Dividing it by 2.5
43. A woman who is 50 years old would have an estimated maximal heart rate of _____.
- A. 175 beats per minute
 - B. 170 beats per minute
 - C. 165 beats per minute
 - D. 160 beats per minute
44. When using the maximal heart rate to determine an appropriate target heart rate range, it is recommended that a range of _____ of maximum be used.
- A. 70 to 85 percent
 - B. 85 to 90 percent
 - C. 60 to 75 percent
 - D. 50 to 65 percent
45. If a person is on a medication that influences heart rate, it is recommended that _____ be used to determine intensity level
- A. A heart rate monitor
 - B. Max VO2 value
 - C. Rating of perceived exertion
 - D. A MET chart
46. ACSM recommends a workout frequency of _____.
- A. Seven days a week
 - B. Every other day
 - C. Two to three days a week
 - D. Three to five days a week

47. Which of the following is NOT a benefit of the cool-down phase?
- A. It helps to gradually decrease body temperature
 - B. It allows the heart rate and breathing frequency to slow down in a controlled manner
 - C. It allows the heart rate to quickly drop to a pre-exercise level so that stretching activities can be done
 - D. It prevents a drop in blood pressure which can occur if an activity is stopped suddenly
48. _____ or _____ muscle contraction occurs when a joint moves and the muscles push, pull, or lift an object through space.
- A. Isometric; isokinetic
 - B. Dynamic; isotonic
 - C. Static; isometric
 - D. Isokinetic; static
49. Which of the following statements describes an eccentric muscle contraction:
- A. To lower an object in a controlled manner, the muscles lengthen
 - B. To lift or move an object, the muscles lengthen
 - C. To lower an object in a controlled manner, the muscles shorten
 - D. To lift or move an object, the muscles shorten
50. Which of the following factors can cause muscle loss?
- A. Reduced muscle activity
 - B. Injury or illness
 - C. Inadequate intake of dietary protein
 - D. All of the above
51. In general, between the age of 50 and 70 years, there is almost a _____ in overall strength.
- A. 15 percent decrease
 - B. 20 percent decrease
 - C. 25 percent decrease
 - D. 30 percent decrease
52. Which of the following is NOT a benefit of strength training for middle-aged women?
- A. Strength training slows down metabolism
 - B. Strength training slows down muscle loss
 - C. Strength training slows down weight gain
 - D. Strength training increases bone mineral density

53. To increase bone mineral density, progressive resistance training must be done for a minimum of _____.
- A. 4 to 6 weeks
 - B. 6 to 8 weeks
 - C. 4 to 6 months
 - D. 6 to 12 months
54. Women do not “bulk up” or build muscle mass to the same extent as men because they do not have as much _____ as men.
- A. Bone mass
 - B. Progesterone
 - C. Testosterone
 - D. Muscle mass
55. When performing resistance training exercises _____ is more important than _____.
- A. The duration of the exercises; the intensity of the exercises
 - B. The intensity of the exercises; the duration of the exercises
 - C. The type of exercises; the duration of the exercises
 - D. The type of exercises; the intensity of the exercises
56. ACSM recommends that strength training should be done at least two times a week and should include a minimum of _____ of _____ that target the major muscle groups.
- A. Two sets of 8 repetitions; 8 to 10 different exercises
 - B. One set of 8 to 10 repetitions; 8 to 10 different exercises
 - C. One set of 10 to 12 repetitions; 8 different exercises
 - D. Two sets of 10 to 12 repetitions; 10 to 12 different exercises
57. In order to progress on a strength exercise and make gains in strength, add _____ when you can lift the current weight more than 8 to 12 reps on two consecutive training sessions.
- A. A 2 to 10 percent weight increase
 - B. A 5 to 10 percent weight increase
 - C. A 10 to 12 percent weight increase
 - D. A 10 to 15 percent weight increase
58. Which of the following medical conditions are contraindications to progressive resistance training?
- A. Large abdominal or inguinal hernias
 - B. Acute retinal bleeding or detachment
 - C. Severe valvular disease
 - D. All of the above

59. When lifting weights, you should _____ during the lift and _____ when the weight is lowered.
- A. Exhale; inhale
 - B. Inhale; exhale
 - C. Exhale; hold your breath
 - D. Hold your breath; exhale
60. For safety when performing strength exercises; it is recommended that the _____ be worked first followed by the _____, and for older adults the ACSM recommends emphasizing _____.
- A. Large muscles; smaller muscles; single-joint exercises
 - B. Smaller muscles; large muscles; single-joint exercises
 - C. Large muscles; smaller muscles; multiple-joint exercises
 - D. Smaller muscles; large muscles; multiple-joint exercises
61. When performing a repetition, it is recommended that the lift take _____ to complete and the lower take _____ to complete.
- A. 4 seconds; 6 seconds
 - B. 2 seconds; 6 seconds
 - C. 2 seconds; 4 seconds
 - D. 4 seconds; 2 seconds
62. The _____ is recommended as a good test to use to assess general strength when starting a resistance program.
- A. One-repetition maximum test
 - B. YMCA leg extension test
 - C. Leg squat test
 - D. Either B or C could be used
63. The curl-up test is used to assess _____ and should be performed without stopping up to a maximum of _____ in one minute.
- A. Muscular endurance; 50
 - B. Muscular endurance; 25
 - C. Flexibility; 25
 - D. Muscular strength; 50
64. Which of the following statements is NOT true regarding the advantages of using weight machines?
- A. They don't require a great deal of skill or strength to use
 - B. They allow more control in the direction of the movement
 - C. They can be used to perform an infinite number of resistance exercises
 - D. They are usually designed to provide more support for the lower back

65. When using either weight machines, free weights, or a combination, the most important thing to incorporate into your fitness training program is _____.
- A. Specificity
 - B. Progressive resistance
 - C. A warm-up
 - D. Rest and recovery
66. Which of the following free weight exercises works the same muscle groups as the chest press machine?
- A. Upright row
 - B. Dumbbell one-arm row
 - C. Overhead press
 - D. Dumbbell bench press
67. Which of the following exercises would you perform to work the deltoid, or shoulder muscles?
- A. Seated arm raise
 - B. Chest fly
 - C. Wall push-up
 - D. Biceps curl
68. The wall squat works which of the following muscle groups?
- A. Hip adductors
 - B. Hamstrings
 - C. Quadriceps
 - D. Gastrocnemius
69. After a layoff, the ACSM recommends you begin your resistance training program at _____ of the intensity you were using for each exercise before you stopped your training.
- A. 75 percent
 - B. 50 percent
 - C. 40 percent
 - D. 25 percent
70. Which of the following statements regarding stretching is NOT true?
- A. Joints with less connective tissue around them have excellent flexibility
 - B. Flexibility is defined as the ability to move a joint or group of joints without injury through the full range of motion possible for that joint or joints
 - C. Flexibility is affected by age, heredity, body composition, and injuries
 - D. A person's level of flexibility is unique to them and will change throughout their lifetime

71. Within connective tissue, _____ is the white fiber that provides _____, and _____ is the yellow fiber that _____.
- A. Elastin; elasticity; collagen; provides strength and support
 - B. Collagen; elasticity; elastin; provides strength and support
 - C. Collagen; strength and support; elastin; is supple and elastic
 - D. Elastin; strength and support; collagen; is supple and elastic
72. To prevent injury when stretching, stretches should be _____.
- A. Avoided on joints that are very stiff
 - B. Gentle and gradual
 - C. Performed without using bouncing and jerking movements
 - D. Both B and C
73. The muscle soreness caused by the microscopic tears in the muscle fibers that occurs after exercising is referred to as _____ and can be prevented or minimized by stretching.
- A. Damaged overt muscle soreness
 - B. Delayed onset muscle soreness
 - C. Damaged onset muscle soreness
 - D. Delayed onset muscle stiffness
74. The shortened stride and loss of bounce when walking or jogging that occurs with aging can be caused by _____.
- A. Inflammation in the knee joint
 - B. Inflexibility in the hips and ankles
 - C. Too much flexibility in the hips and ankles
 - D. Overdeveloped muscles in the thighs
75. The safest type of stretching exercises is _____.
- A. Ballistic stretching
 - B. PNF stretching
 - C. Static stretching
 - D. Partner stretching
76. Ballistic stretching is not recommended as part of a general exercise program because sudden overstretching can cause _____ to occur and this can result in torn muscles and tendons.
- A. The stretch reflex
 - B. Stretch inhibition
 - C. Reflex muscle elongation
 - D. Contraction of the tendon

77. The most commonly used test of general flexibility is the _____.
- A. Hamstring test
 - B. Hurdler's stretch
 - C. Standing toe touches
 - D. Sit-and-reach test
78. Stretching exercises should be performed a minimum of _____ with each stretch held from _____ and repeated three or four times.
- A. Two or three times a week; 30 to 60 seconds
 - B. Four times a week; 30 to 60 seconds
 - C. Two or three times a week; 10 to 30 seconds
 - D. Four times a week; 10 to 30 seconds
79. Which of the following stretches are not recommended due to the possibility of causing injury?
- A. The plow position
 - B. Standing toe touches
 - C. Complete circle head rolls
 - D. All of the above
80. Which of the following stretches could be used to stretch the lower back muscles?
- A. Prone press-up stretch
 - B. Arms above the head stretch
 - C. Cat back stretch
 - D. Arm across the body stretch
81. The butterfly stretch is used to stretch which of the following muscle groups?
- A. Quadriceps
 - B. Outer thighs
 - C. Inner thighs
 - D. Hamstrings
82. Which of the following stretches could be used to decrease the tightness that occurs from prolonged sitting, walking, jogging, or cycling?
- A. Lunge stretch
 - B. Sit-and-reach stretch
 - C. Knees to chest stretch
 - D. Trunk twister

83. An intermediate level exerciser would include individuals who have been exercising for approximately _____ with progressive increases or improvements.
- A. Four to five weeks
 - B. Four to five months
 - C. Six to eight weeks
 - D. Six to eight months
84. Cardiorespiratory activities can be divided into different groups based on _____, with swimming being an example of a _____ activity.
- A. Skill level; group three
 - B. Skill level; group two
 - C. Intensity level; group two
 - D. Intensity level; group three
85. Which of the following methods could be used to add intensity to a walking program?
- A. Walk a course that includes hills
 - B. Carry small hand weights while walking
 - C. Walk on a less cushioned surface such as cement
 - D. Both A and B
86. When swimming a _____ can be used to help improve arm strokes, and a _____ can be used to help improve kicking ability.
- A. Wet Vest; swim buoy
 - B. Kickboard; swim buoy
 - C. Swim buoy; kickboard
 - D. Swim buoy; flotation belt
87. Using different activities in your exercise program is known as _____.
- A. Cross training
 - B. Group 3 activities
 - C. Interval training
 - D. Group 2 activities
88. The benefit offered by water aerobics is that it _____ over a 12 month period.
- A. Helps maintain bone mineral density at the hip
 - B. Improves cardiorespiratory fitness
 - C. Improves leg power and flexibility
 - D. All of the above

89. Which of the following is considered a must have for all aerobic type classes?
- A. Comfortable shorts for moving
 - B. Cotton socks with cushioning
 - C. Shoes with adequate support and cushioning
 - D. Shirts that wick away moisture
90. _____, _____, and _____ are the three nutrients that supply calories and produce energy for the body.
- A. Vitamins; carbohydrates; proteins
 - B. Carbohydrates; fats; proteins
 - C. Proteins; vitamins; minerals
 - D. Proteins; minerals; fats
91. The two types of carbohydrates are _____, which are the _____, and _____, which are _____.
- A. Complex; starches and natural sugars; simple; fiber and fats
 - B. Simple; starches and fiber; complex; sugars
 - C. Complex; starches and fiber; simple; natural and refined sugars
 - D. Simple; sugars and fats; complex; fiber and fats
92. It is recommended that the foundation of a healthy diet should be high in _____.
- A. Complex carbohydrates
 - B. Simple carbohydrates
 - C. Proteins
 - D. Fats
93. _____ increase fecal bulk and prevent constipation, and _____ improves the body's ability to control blood sugar levels and lowers blood cholesterol.
- A. Complex carbohydrates; insoluble fiber
 - B. Insoluble fiber; soluble fiber
 - C. Soluble fiber; insoluble fiber
 - D. Complex carbohydrates; soluble fiber
94. The current recommendation for dietary intake of fiber is _____ a day, or _____ per 1,000 calories consumed in the diet
- A. 14 to 18 grams; 5 grams
 - B. 20 to 35 grams; 14 grams
 - C. 20 to 35 grams; 10 grams
 - D. 15 to 18 grams; 14 grams

95. Which of the following is NOT true regarding the roles fats play within the body?
- A. It is a component of all cell membranes
 - B. It serves as a carrier for fat soluble vitamins
 - C. It helps decrease the risk of atherosclerosis
 - D. All of the above are true
96. Which of the following types of fat contributes to increased blood levels of total cholesterol and LDL cholesterol?
- A. Monounsaturated fat
 - B. Polyunsaturated fat
 - C. Unsaturated fat
 - D. Saturated fat
97. Which of the following statements regarding vitamins is NOT true?
- A. They assist in growth and repair of tissue
 - B. They are required in large quantities
 - C. They facilitate in bone and tooth formation
 - D. They assist in blood clot formation
98. The most essential nutrient for the body is _____.
- A. Water
 - B. Carbohydrates
 - C. Vitamins
 - D. Proteins
99. A food that contains the most nutrients with the least amount of calories is termed a _____ food.
- A. Low calorie
 - B. Nutrient heavy
 - C. Nutrient dense
 - D. Low fat
100. The American Dietetic Association emphasizes _____ as a means of maintaining a healthy weight
- A. Counting total calories consumed daily
 - B. Moderate consumption of sugar
 - C. Portion control
 - D. Fat calorie control

101. Your _____ represents the amount of calories needed to sustain the functions of cells and tissues when the body is at rest, and it accounts for _____ of your daily energy expenditure.
- A. Basal metabolic rate; one-half
 - B. Basal metabolic rate; two-thirds
 - C. Metabolically active tissue; one-half
 - D. Energy intake; two-thirds
102. Which of the following are factors that influence your daily energy requirements?
- A. Age
 - B. Genetics
 - C. Percentage of body fat
 - D. All of the above
103. In general, _____ calories are about right for active to very active older women.
- A. 1200 to 1600
 - B. 1800 to 2200
 - C. 2400 to 2800
 - D. 3000 to 3100
104. _____ is the type of bone more prone to fractures and most affected by the calcium loss that occurs at menopause.
- A. Compact bone
 - B. Cortical bone
 - C. Trabecular bone
 - D. Osteoporotic bone
105. One of the better absorbed calcium supplements is _____, and it is recommended that it be consumed in multiple small doses of _____ up to a total for supplementation of 600 mg. per day.
- A. Calcium citrate; 200 mg.
 - B. Calcium carbonate; 200 mg.
 - C. Calcium citrate; 100 mg.
 - D. Calcium carbonate; 150 mg.
106. Supplementation of _____, which is a _____, should only be taken on a physician's orders.
- A. Vitamin D; water soluble vitamin
 - B. Vitamin C; water soluble vitamin
 - C. Vitamin D; fat soluble vitamin
 - D. Vitamin C; fat soluble vitamin

107. Stressors, such as a flat tire, that are quick but cause a powerful physical response are known as _____.
- A. Episodic stressors
 - B. Periodic stressors
 - C. Chronic stressors
 - D. Acute stressors
108. Which of the following is listed as the number one technique for managing stress?
- A. Listen to music
 - B. Use positive self-talk
 - C. Exercise
 - D. Practice controlled breathing
109. Which of the following are physiological changes that occur at menopause that may affect sexual health?
- A. Diminished or slowed sexual response
 - B. Higher risk of infections
 - C. Stress incontinence
 - D. All of the above
110. For women over age 30, after _____ consecutive annual Pap tests, the physician may advise a _____ for subsequent Pap tests.
- A. Two; five year interval
 - B. Three; two-or-three year interval
 - C. Three; five year interval
 - D. Two; two-or-three year interval
111. ACOG recommends that women in their 40's receive mammograms _____, while women in their 50's have _____.
- A. Annually; one every five years
 - B. Every one or two years; one annually
 - C. Every four or five years; one every two to three years
 - D. Twice a year; one every year
112. Bone density tests are typically reported in _____, with normal bone density reported as a score of _____.
- A. T-scores; above -1
 - B. T-scores; between -1 and -2.5
 - C. D-scores; above -1
 - D. D-scores; below -2.5

113. The _____ level is likely increase after menopause, which increase the chance of heart attacks and strokes.
- A. Low-density lipoprotein
 - B. High-density lipoprotein
 - C. Triglyceride
 - D. Very high-density lipoprotein
114. A _____ increase in _____ blood pressure can occur after menopause and it is recommended a woman have her blood pressure checked every year.
- A. 10mmHg; systolic
 - B. 5 mmHg; diastolic
 - C. 5mmHg; systolic
 - D. 10 mmHg; diastolic
115. After age _____, a woman should have her thyroid checked every _____.
- A. 40; five years
 - B. 35; five years
 - C. 60; two years
 - D. 45; two years
116. Keeping an activity log can help you to _____.
- A. Reflect on your progress
 - B. Replace a schedule book
 - C. Remind you to keep balance in your program
 - D. Both A and C
117. Which of the following is NOT one of the factors you should consider when selecting a health club?
- A. Is the facility near your home or workplace and is it in a safe area
 - B. Is the facility open during the times of day you are available to exercise
 - C. Are the membership fees inexpensive with cheaper long-term memberships available
 - D. Are the locker rooms and shower facilities clean and well maintained
118. Which of the following are appropriate questions to ask when selecting a personal trainer?
- A. Does the trainer have a college degree in a health and fitness field
 - B. Is the trainer certified by a nationally recognized organization
 - C. Is the trainer certified in CPR and first aid
 - D. All of the above are appropriate

119. A first step in determining the quality of a piece of exercise equipment is _____.

- A. Examining all movable parts to see if the movement is smooth with fluid motion
- B. Making sure you can return the equipment if you don't like it
- C. Making sure the equipment comes with a warranty
- D. Determining how difficult it would be to get the equipment repaired if needed

120. The feature all treadmills should have is _____.

- A. Side handrails
- B. Custom programming of workouts
- C. An emergency shut off
- D. Heart rate monitoring capabilities