Chapter 02 - Determinants of Lifelong Health, Wellness, and Fitness

Multiple Choice Questions

1. Factors that influence your health, wellness, and fitness are typically referred to as
   A. enablers.
   B. reinforcers.
   C. antecedents.
   D. determinants.

2. Which of the following affect our health, wellness, and fitness?
   A. personal interactions
   B. lifestyle changes
   C. emotions
   D. all of these affect health, wellness, and fitness

3. Which one of the following determinants of health, fitness, and wellness is NOT within your control?
   A. blood pressure
   B. age
   C. nutrition
   D. health care

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Topic: Determinants of Health

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Topic: Determinants: Little Control
4. Regular exercise, eating well, and managing stress are considered to be ___________ healthy lifestyles.
A. essential
B. secondary
C. basic
D. priority

5. Which of the following determinants do we have the LEAST amount of control over?
A. lifestyle
B. heredity
C. health-care system
D. environmental factors

6. Which of the following is the BEST way to prevent illness and early death in our society?
A. lifestyle change
B. genetic testing
C. understanding the health care system
D. practicing safe sex

7. Which of the following statements is true?
A. Infectious diseases are the major causes of death.
B. Being physically active and eating well does little to improve well-being.
C. Dramatic health results require major changes to lifestyle behaviors.
D. More than half of early deaths are the result of chronic diseases caused by unhealthy lifestyles.
8. Environmental determinants account for which percentage of early deaths?
   A. 10%
   B. 25%
   C. 40%
   D. 50%

9. Which of the following is a determinant you CAN control?
   A. heredity
   B. age
   C. disabilities
   D. lifestyle choices

10. Approximately ________ percent of unnecessary deaths occur as a result of disparities in the health-care system.
    A. 5
    B. 10
    C. 25
    D. 35

11. Which of the following health determinants do we have SOME control over?
    A. environmental factors
    B. health-care system
    C. heredity/age/disability
    D. both environmental factors and health-care system
12. Being aware of your personal family history is one way to limit the effects of which "determinant?"
   A. environmental factors  
   B. lifestyles  
   C. health care system  
   D. heredity/age/disability

13. What is the leading "actual cause of death" in the United States?
   A. alcohol misuse  
   B. medical errors  
   C. inactivity/poor nutrition  
   D. tobacco use

14. Traditional medicine that focuses primarily on the treatment of illnesses with medication, rather than illness prevention and wellness, is sometimes referred to as the ___________ model.
   A. medical  
   B. wellness  
   C. holistic  
   D. prescription
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15. Which of the following is NOT true of "priority lifestyles?"
A. They affect the lives of all people.
B. Modest changes in these behaviors can make dramatic improvements in individual and public health.
C. They are influenced primarily by factors outside of your control.
D. They are lifestyles in which large numbers of people can make improvement.

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Topic: Determinants: Greater Control

16. What is the most important contributing factor to premature death in our society?
A. heredity
B. human biology
C. environment
D. lifestyle

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Topic: Determinants: Greater Control

17. Which of the following is currently the #1 cause of death?
A. pneumonia
B. heart disease
C. cancer
D. tuberculosis

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Topic: Determinants: Greater Control

18. The major causes of early death have shifted from infectious diseases to chronic lifestyle conditions because
A. more people are going to the doctor.
B. scientific advancements have improved medicine.
C. physical activity can reduce infectious diseases.
D. healthy lifestyles are no longer a problem.

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Topic: Determinants: Greater Control
19. The three priority healthy lifestyles are regular physical activity, sound nutrition, and
A. low cholesterol.
B. low blood pressure.
C. stress management.
D. normal body weight.

20. Which of the following is NOT listed as one of the top three "actual" causes of death?
A. alcohol misuse
B. tobacco use
C. inactivity and poor diet
D. accidents

21. Which of the following determinants do you have most control over?
A. heredity
B. lifestyle
C. environment
D. cognitions and emotions

22. Which of the following describes the "medical model" as applied to health care?
A. application of clinical research to practice
B. emphasis on treating illness with medicine
C. hierarchy of physicians and nurses to treat patients
D. reimbursement process from insurance to health care provider
23. Which of the following is true related to the causes of death in society?

A. HIV is no longer in the top 10 causes of death.
B. Tuberculosis is currently in the top 10 leading causes of death.
C. Heart disease is no longer one of the top 10 causes of death.
D. Deaths from infectious diseases have increased in the last 100 years.

24. Which is true of environmental determinants of health?

A. They only influence health of older adults.
B. They can't be changed.
C. They are both within our control and somewhat out of our control.
D. They do not influence adoption of healthy lifestyles.

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