

FOUNDATIONS OF PERSONAL WELLNESS TOPIC TEST WITH CORRECT ANSWERS

Which of the following statements BEST explains why the standing long jump is a test of power?

A.the distance jumped is directly related to leg power.

B.the test does not require any other fitness skills.

C.most power-oriented fitness tests are focused on the legs.

D.the standing long jump is the only reliable test of leg power. - Accurate Answer ☒ ☐ A. The distance jumped is directly related to leg power.

Muscular strength is BEST described by _____.

A.

the ability of a muscle to contract repeatedly

B.

the average metabolic efficiency of muscles

C.

the force produced in a single maximum effort

D.

daily levels of physical activity and exertion - Accurate Answer ☒ ☐ C. The force produced in a single maximum effort.

Which of the following statements BEST explains why the same exercise program might conform to the principle of overload for one person but not for another?

A.Different individuals have different levels of physical fitness.

B.Physical activity only leads to increased health benefits when it is above normal levels.

C.Bodies adapt to increased physical demands placed upon them.

D.The same exercise programs always conform to the principle of overload. - Accurate Answer ☒ ☐ A. Different individuals have different levels of physical fitness.

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