



The New Government Physical Activity Guidelines for Americans Course Test

Thank you for taking the "Physical Activity Guidelines" course. Part of the requirements is that you take a test and complete an evaluation of the course. Please answer the questions on the following pages. There are 15 questions and to receive the certificate you must pass with at least 70% (10.5) correct (multiple choice correct responses get partial credit). If you have questions please contact Jim Grizzell at jim@healthedpartners.org.

Scoring and Submitting Answers

Your total score is calculated as you answer questions and is shown on the last page. Instructions for submitting your answers are on that page also.

Contact and Certification/License Information

Please provide contact information. **First and last names** and **email address** are required. These, at least, are needed for your certificate and emailing it to you.

First Name:* _____
Last Name:* _____
Address: _____
Address 2: _____
City/Town: _____
State: _____
ZIP Code: _____
Country: _____
Email Address:* _____
Phone Number: _____

Provide the name or names of your certification, registration or, license name and number. This will be used on your certificate of passing the course. Example: CHES 19198

Certification, registration or, license name and number: _____
Certification, registration or, license name and number: _____
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Test Questions

1. According to the MMWR article "Prevalence of Self-Reported Physically Active Adults – US, 2007 what percent of the BRFSS survey respondents met the 2008 Guidelines and HP2010 objectives?

- . A. 64.5% and 48.8%, respectively
- . B. 60.4% and 47.0%, respectively
- . C. 52.2% and 38.4%, respectively



2. In Richard Troiano's GWU Grand Rounds presentation he said "As you move from 30 minutes a week, not a day, 30 minutes a week to 90 minutes a week, so adding 60 minutes a week to your physical activity and epidemiological studies, the risk for all-cause mortality is reduced by 20-percent. . . . To get the next 20-percent reduction in risk, you have to go up from about 90 minutes a week to seven hours a week. So the biggest bang for the buck is really getting people off the couch, off their butts and moving even a little bit."

True . False .

3. In Dr. Troiano's PowerPoint presentation he listed "Major Conclusions". What are they (mark all that apply)?

- . A. Regular activity reduces risk of many adverse health outcomes
- . B. Some activity is better than none
- . C. Added health benefits generally occur as the amount of activity increases
- . D. Most health benefits require at least 2 hours and 30 minutes a week of moderate-intensity physical activity
- . E. Both aerobic & muscle-strengthening activity are beneficial
- . F. For fitness benefits, aerobic activity should be episodes of at least 10 minutes
- . G. Health benefits apply to people of all types, sizes and ages
- . H. Health benefits occur for people with disabilities
- . I. Physical activity can be done safely. Benefits far outweigh possible risks

4. In chapter 1 of the booklet for policy makers and health professionals the Guidelines encourage people to be physically active for any and all reasons that are meaningful for them. Nothing in the Guidelines is intended to mean that health benefits are the only reason to do physical activity.

True . False .

5. The bottom line is that the health benefits of physical activity far outweigh the risks of adverse events for almost everyone.

True . False .

6. The key Guidelines for Children and Adolescents state that Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily. Additionally, which of these are included (mark all that apply)?

- . A. Aerobic: Most of the 60 or more minutes a day should be either moderate-or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.
- . B. Muscle-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
- . C. Bone-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.



7. The Key guideline for Adults state that they should to which of these (mark all that apply)?

- . A. All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.
- . B. For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- . C. For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate-and vigorous-intensity activity. Additional health benefits are gained by engaging in physical activity beyond this amount.
- . D. Adults should also do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

8. Like the Guidelines for other adults, those for older adults mainly focus on two types of activity: aerobic and muscle-strengthening. In addition, these Guidelines discuss the addition of balance training for older adults at risk of falls.

True . False .

9. The chapter on safety and activity states that inactive people who gradually progress over time to relatively moderate-intensity activity have no known risk of sudden cardiac events, and very low risk of bone, muscle, or joint injuries.

True . False .

10. The Key Guidelines for Adults With Disabilities are which of these (mark all that apply)?

- . A. Adults with disabilities, who are able to, should get at least 150 minutes per week (2 hours and 30 minutes) of moderate-intensity, or 75 minutes (1 hour and 15 minutes) per week of vigorous-intensity aerobic activity, or an equivalent combination of moderate-and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- . B. Adults with disabilities, who are able to, should also do muscle-strengthening activities of moderate or high intensity that involve all major muscle groups on 2 or more days per week, as these activities provide additional health benefits.
- . C. When adults with disabilities are not able to meet the above Guidelines, they should engage in regular physical activity according to their abilities and should avoid inactivity.
- . D. Adults with disabilities should consult their health-care providers about the amounts and types of physical activity that are appropriate for their abilities.



11. Providing guidance to help Americans achieve the health benefits of regular physical activity is not enough to produce change. To accomplish this goal, public health research suggests the use of a “socio-ecologic” approach which is a comprehensive approach involving action at which of these levels of society (mark all that apply)?

- . A. Personal goal setting (individual level);
- . B. Social support and encouragement to be active (interpersonal level);
- . C. Promotion of physical activity as part of worksite health promotion programs (organizational);
- . D. Good access to parks and recreational facilities in neighborhoods (community)
- . E. Promotion of policies that support families who want their children to walk or bike to school (public policy).

12. Physical activities frequently are classified by their intensity using the MET as a reference.

True . False .

13. If you or your organization sign up to be a “Supporter” you can get the **CD-ROM of Physical Activity Guidelines for Americans Toolkit Materials**. This contains easy-to-use electronic files of the toolkit items. Your organization can reproduce these materials by taking them to a professional printing company.

True . False .

14. Most of the evidence supports a resistance activity program with the following characteristics: progressive muscle strengthening exercises that target all major muscle groups performed on 2 or more days per week. To enhance muscle strength, 8 to 12 repetitions of each exercise should be performed to volitional fatigue. One set is effective; however, limited evidence suggests that 2 or 3 sets may be more effective.

True . False .

15. Available data indicate that to prevent substantial weight regain over 6 months or longer, many adults need to exercise in the range of 60 minutes of walking or 30 minutes of jogging daily (approximately 4.4 kilocalories per kilogram per day of activity energy expenditure).

True . False .

Please go to next page for your score and instructions for submitting test responses.



Thank you for completing the test.

Here is your total score (you can return to the questions and change answers):

Be sure to save this file with answers to your computer. **Now** you will need to **submit** your answers to get credit for successfully passing the course. The Submit button is in the upper corner of the window in which the form is open.

“SUBMIT” INSTRUCTIONS – It depends on your email program. If you use Microsoft Outlook as your email program the form data should be sent automatically when you click the “Submit” button. If, however, you use another email program such as gmail or yahoo you would have to save the pdf form to your computer then attach it to an email to ce@healthedpartners.org. Here is a dialogue box to look for immediately after clicking the submit button that should be in the upper right corner of the window where the test is open.

Select Email Client

Please indicate the option which best describes how you send mail.

Desktop Email Application

Choose this option if you currently use an email application such as Microsoft Outlook Express, Microsoft Outlook, Eudora, or Mail.

Internet Email

Choose this option if you currently use an Internet email service such as Yahoo or Microsoft Hotmail. You will then need to save your form and return it manually to ce@healthedpartners.org using your Internet email service.

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OK Cancel

Course Evaluation - Remember to complete the course evaluation. The link to the evaluation is on the 1st page of the Study Guide and www..

If you have any questions or would like to provide comments please send them or call me using the contact information below. Feel free to ask questions or get additional help from me.

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Correct answers are on the next page.



Correct Answers

1. A. is correct. Percentages for B are for women. C has the percents for people without a high school diploma
2. True
3. All are correct. Each worth 0.11%.
4. True
5. True
6. All are correct. Each is worth 0.333%
7. All are correct. Each is worth 0.25%.
8. True
9. True
10. All are correct. Each is worth 0.25%.
11. All are correct. Each is worth 0.2%
12. True
13. True
14. True
15. True