

HLTH 147 | QUIZ 1 OF 29 (Lectures 1 & 2)

NAMES _____

What is the difference between a license and a certification?

What are two reputable certifications in our field?

Is personal training regulated by licensure?

What exercise can this person safely perform (justify your answer)?

Case Study I

A 50-yr-old nonsmoking male was recently invited by colleagues to participate in a 10-km trail run. Currently, he walks at a moderate intensity for 40 min every Monday, Wednesday, and Friday — something he has done “for years.” His goal is to run the entire race without stopping, and he is seeking training services. He reports having what he describes as a “mild heart attack” at 45 yr old, completed cardiac rehabilitation, and has had no problems since. He takes a statin, an angiotensin-converting enzyme (ACE) inhibitor, and aspirin daily. During the last visit with his cardiologist, which took place 2 yr ago, the cardiologist noted no changes in his medical condition.

And what about *this* person (justify your answer):

Case Study II

A 22-yr-old recent college graduate is joining a gym. Since becoming an accountant 6 mo ago, she no longer walks across campus or plays intramural soccer and has concerns about her now sedentary lifestyle. Although her body mass index (BMI) is slightly above normal, she reports no significant medical history and no symptoms of any diseases, even when walking up three flights of stairs to her apartment. She would like to begin playing golf.

DEFINE THE FOLLOWING TERMS:

Homeostasis

Positive and Negative Feedback Loops

Individuation

Specificity of Adaptation

Progressive Overload

Periodization

FITT

Dose-Response Curve

Trainability Principle

Overreaching / Overtraining