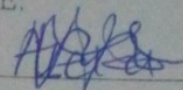


NOVEMBER 2019
EBS 218
HEALTH AND PHYSICAL FITNESS
30 MINUTES

14
20

GROUP B

CANDIDATE'S INDEX NUMBER: ABCE1PR11810003
SIGNATURE: 

UNIVERSITY OF CAPE COAST
COLLEGE OF EDUCATION STUDIES
SCHOOL OF EDUCATIONAL DEVELOPMENT AND OUTREACH
INSTITUTE OF EDUCATION
FOUR YEAR B.ED - SECOND YEAR FIST SEMESTER
ZONAL - BASED QUIZ 1 (EGA)

- How does wellness differ from health?
 A. Wellness is the absence of diseases
 B. Wellness is the achievement of the highest level of health possible in physical, social, intellectual, emotional, environmental and spiritual dimensions.
 C. Wellness and health are equivalent
 D. Health is a more individualized, dynamic concept than wellness
- Which dimension of wellness includes good organization skills and careful financial management?
 A. Social
 B. Intellectual
 C. Emotional
 D. Environmental
- Modifiable risk factors for diseases include all of the following except
 A. tobacco use
 B. alcohol use
 C. genetics
 D. physical inactivity
- What is meant by the term healthy life expectancy?
 A. How many years a person can expect to live.
 B. How many years a person can expect to live without disability or major illness.
 C. A realistic attitude toward how long a person can expect to live.
 D. How many years a person believes he or she has to live.
- What is "shaping"?
 A. A stepwise process of change, designed to change one small piece of a target behaviour at a time.
 B. A model of behaviour change that uses mental imaging to reshape the brain's signals.
 C. A journaling strategy
 D. A way of learning behaviours by watching others perform them.

03

Indicate whether the statement is True or False by circling the correct option for each question (6 to 10)

- 6. Athletic fitness is different from health related physical fitness.
✓ A. True
B. False
- 7. Overload of muscle and bones can be accomplished through activity for your children.
✓ A. True
 B. False
- 8. Motor skill related physical fitness also referred to as performance related physical fitness is the primary objective of physical fitness.
✓ A. True
 B. False
- 9. The ability of the body to maintain equilibrium while moving or standing through neuromuscular control is referred to as coordination.
✓ A. True
 B. False
- 10. The interval of time between the presentation of stimulus and the initiation of the response is referred to as movement time.
~~A. True~~
 B. False

03 State only the correct answer for each question below (11 to 15)

[2 Marks Each]

- 02 11. The body's ability to function efficiently and effectively in work and leisure activities to resist hypokinetic diseases and to meet emergency situations is referred to as Physical fitness ✓
- 02 12. The body's ability to persist in physical activity requiring oxygen for physical exertion without experiencing undue fatigue is referred to as Cardiovascular endurance (aerobic exercise) ✓
- 02 13. The amount of fat cells compared with lean (non-fat) cells in the body mass is known as body composition ✓
- 02 14. The maximal amount of force that can be exerted in a single contraction against a resistance is known as Muscular strength ✓
- 02 15. The ability to contract muscles explosively in a given activity within the shortest possible time is referred to as speed power ✓

08 + 03 = 11