**TEST BANK**

**Chapter 0**

**Introduction to Exercise Physiology**

**Level 1 questions-Lowest level of difficulty questions (correct response requires remembering key information)**

**Multiple Choice Questions**

1. The director of the Harvard Fatigue Laboratory was
A. A.V. Hill.
B. August Krogh.
C. Otto Meyerhof.
**D.** D.B. Dill.

2. Which professional society developed a youth fitness test in 1957?

A. American College of Sports Medicine.
**B.** American Alliance for Health, Recreation, Physical Education, and Dance.
C. American Physiological Society.
D. Association for Fitness in Business.

3. Which of the following US presidents expressed concern about the fitness of Americans in a Sports Illustrated article entitled “The Soft American”?
A. Nixon
B. Eisenhower
C. Clinton
**D.** Kennedy

4. Which American president initiated the formation of the President's Council on Youth Fitness?
A. Nixon
**B.** Eisenhower
C. Clinton
D. Kennedy

5. One of the earliest university fitness programs was established at Harvard University in 1879 to establish individual fitness prescriptions to improve fitness levels of students. The individual responsible for establishing this program was

A. Dr. D. B. Dill

B. Dr. Steven Horvath
**C.** Dr. Dudley Sargent
D. Dr. Thomas Cureton

6. The European scientist who was awarded a Nobel Prize for his work measuring heat production during muscle contraction and recovery was
**A.** A.V. Hill.
B. August Krogh.
C. Otto Meyerhof.
D. D.B. Dill.

7. The Harvard Fatigue Laboratory attracted several outstanding graduate students. Two alumni of the Harvard Fatigue Laboratory that went on to outstanding research careers are

A. D. B. Dill and Erling Asmussen.
**B.** Steven Horvath and Sid Robinson.
C. L.J. Henderson and D. B. Dill.
D. all of the above answers are correct.

8. One of the early graduate programs in physical fitness and exercise physiology was established at the University of Illinois. The first director of the University of Illinois Physical Fitness Laboratory was \_\_\_\_\_\_\_\_\_\_.
A. Dr. Kirk Cureton.
**B.** Dr. Thomas Cureton.
C. Dr. D. B. Dill.
D. none of the above answers are correct.

9. The Danish scientist that received the Nobel Prize for his research on the function of capillaries was\_\_\_\_\_\_\_\_\_\_.
A. C.G. Douglas.
B. Christian Bohr.
**C.** August Krogh.
D. J.S. Haldane.

10. The Italian scientist that worked in the Harvard Fatigue Laboratory and performed classic work on oxygen debt was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
A. D.B. Dill.
**B.** Rudolpho Margaria.
C. Sid Robertson.
D. Steven Horvath.

11. Which of the following careers is NOT considered to be a career opportunity for students trained in exercise science and kinesiology?
A. cardiac rehabilitation
B. athletic training
C. physician
**D.** None of the above answers is correct

12. The European scientist that performed the first investigations into the role of carbon dioxide in the control of breathing was

**A.** J.S. Haldane.
B. Erling Asmussen.
C. Marius Nielsen.
D. August Krogh.

13. The professional organization that was founded in 1954 and brought together physicians, physical educators, and physiologists interested in physical activity and health was the
A. American Physiological Society (APS).
B. American Association of Health, Physical Education, and Recreation (AAHPER).
C. National Strength and Conditioning Association (NSCA).
**D.** American College of Sports Medicine (ACSM).