



KAHSSO KINE 1020 Mock Exam

Disclaimer: This test is meant purely for study purposes; it does not necessarily encompass the entirety of the material covered in class, and is not meant to reflect the format and/or difficulty of the actual exam. It should not be your only source of studying. Test created by KAHSSO Peer Tutors

1. Being able to handcuff a resisting criminal is an example of which type of fitness?
 - a) Health Related Fitness
 - b) High Intensity Interval Training
 - c) Performance Related Fitness
 - d) none of the above

2. Evidence from well-designed control trials without randomization, would be an example of what type of evidence
 - a) Type 5
 - b) Type 0
 - c) Type 3
 - d) Type 2

3. What is the ambition of the PRECEDE/PROCEED health model?
 - a) To promote health and focus on the prevention of disease
 - b) To focus on the direct treatment of diseases
 - c) 2 of the above
 - d) None of the above

4. Which of the following applies to the Short Form Health Survey?
 - a) There are 36 questions
 - b) There will be questions inquiring about physical pain
 - c) It will also evaluate mental health
 - d) All of the above

5. Believing that you did poorly on a test as a result of fate, is an example of?
 - a) Believing in the supernatural
 - b) High Internal Locus of Control
 - c) Hegemony
 - d) High External Locus of Control



6. Referring to the Selye's General Adaptation Syndrome, during the "Resistance" phase what response is activated?
 - a) Sympathetic Response
 - b) Fight or Flight Response
 - c) Parasympathetic Response
 - d) None of the Above

7. What % of Canadians do not meet the recommendations for Physical Activity?
 - a) 30%
 - b) 50%
 - c) 40%
 - d) 60%

8. Which of the following are true about Omega 3 Fatty Acids
 - a) It is also termed Linoleic Acid
 - b) Walnuts are a good source of Omega 3 Fatty Acids
 - c) The double bond is located from the third carbon from the end
 - d) All of the above

9. Which of the following is an example of a SMART goal?
 - a) Jog 30 minutes 3 times per week.
 - b) Improve a one rep maximum by 50% in two weeks.
 - c) Lose 10 pounds per week.
 - d) Two of the Above

10. What are the difference(s) between type 1 diabetes and type 2 diabetes?
 - a) In type 2 diabetes the pancreas does not produce sufficient insulin levels
 - b) In type 1 diabetes the insulin receptors cannot properly bind insulin
 - c) In type 1 diabetes the pancreas does not produce sufficient insulin levels
 - d) Two of the above

11. What is true about liposuction?
 - a) It removes subcutaneous fat
 - b) It has a wide range of health benefits
 - c) It removes fat surrounding the organs like the liver and pancreas
 - d) All of the above

12. Which muscle dystrophy affects only males and pertains to loss of muscle in the legs and upper body?
 - a) Emery-Dreifuss
 - b) Becker Dystrophy
 - c) Oculopharyngeal Muscular Dystrophy
 - d) Duchenne Dystrophy



13. What are some drawbacks of Creatine Supplementation?
 - a) It has no impact on endurance athletes
 - b) 30% of individuals will see no improvement in creatine stores
 - c) None of the Above
 - d) All of the above

14. What step in the chain of infection would eliminating puddles of water where mosquitoes breed be?
 - a) Reservoir
 - b) Means of transmission
 - c) Portal of exit
 - d) New host

15. What is a distinct characteristic of an elite rower?
 - a) High Percent Body Fat
 - b) Elite forward medicine ball toss ability
 - c) Wingspan which exceeds their height
 - d) High Vertical leap

16. When it comes to fitness certifications which of the following encompasses a professional organization setting the standard entry and exit criteria?
 - a) Licensure
 - b) Registration
 - c) Certification
 - d) Membership

17. What of the following is not a risk factor for Skin Cancer?
 - a) Fair Skin
 - b) Light Eyes
 - c) Obesity
 - d) Freckles

18. In stage 3 Cancer the cancer has...
 - a) Spread to the nearby tissues
 - b) Spread to another part of the body
 - c) Spread to nearby lymph nodes
 - d) No impact on the body, it is benign in nature



19. A reaction which releases energy
- e) Is an endergonic reaction
 - f) Breaks down ATP
 - g) Results in a reduction in the system's net energy
 - h) B and C
 - i) None of the above
20. During the interaction of actin and myosin filaments, myosin ATPase hydrolyzes ATP and
- a) Each molecule of ATP produces 7.1 kcal/mol of energy
 - b) 25% of the energy is released as heat
 - c) Energy is released as mechanical movement
 - d) Both A and B
21. Which of the following is/are TRUE?
- a. Production of lactate slows the rate of ATP production
 - b. Accumulation of pyruvate slows the rate of ATP production
 - c. Lactate inhibits the process of glycolysis when energy demands are high
 - d. Lactate reduces inhibition of glycolysis when energy demands are high
 - e. B and D are true
22. Which of the following statements regarding lower back pain is/are TRUE?
- a. More common in females than males
 - b. Leg muscles are most important in maintaining back stability
 - c. A source of low back pain can be caused by herniation
 - d. A and B
 - e. B and C
 - f. A and C
23. Age-related muscle loss
- a. Cannot be delayed with strength training
 - b. Is a concern, particularly among men
 - c. Is known as sarcopenia only when it affects adults under the age of 70
 - d. Is related to the loss of type II motor units
 - e. Two of the above
24. Which of the following statements regarding muscular dystrophies is/are FALSE?
- a. Males are diagnosed with Emery-Dreifuss between adolescence and adulthood
 - b. It is a result of progressive loss of muscle proteins



- c. For assessment purposes, levels of creatine kinase in the blood are measured
 - d. May affect people of all ages
 - e. None of the above
25. Which of the following are symptoms of osteoporosis?
- a. Stiffness in the joints
 - b. Loss of cartilage at the ends of bones
 - c. Cracking sounds when moving joints
 - d. Two of the above
 - e. None the above
26. Which of the following is the correct order of formation of a new muscle fibre?
- a. Muscle → myoblast → myotube → satellite cell
 - b. Myotube → myoblast → satellite cell → muscle
 - c. Satellite cell → myoblast → myotube → muscle
 - d. All are incorrect
27. Which of the following statements are TRUE?
- a. All individuals have 50% type I fibres and 50% type II fibers
 - b. Muscle hypertrophy is the increase in muscle size due to weight gain
 - c. The increase in muscle fibre size is due to a decrease in protein degradation
 - d. Trained athletes are more capable of muscle hypertrophy than others
28. Which of the following variables in a resistance training program influence the gains in muscle strength, power, and endurance?
- a. sex
 - b. Rest period
 - c. Age
 - d. volume
 - e. 3 of the above
 - f. 2 of the above
29. The principle of individualization explains that individuals respond to the same training differently due to their differing lifestyles
- a. True
 - b. False



30. Balance is achieved through
- The ability to see
 - Golgi tendon organs
 - Muscle spindles
 - A and C
 - All of the above
31. An individual's balance may be influenced by
- Age
 - Sex
 - flexibility
 - fear
 - Two of the above
32. Dynamic stretches are active, with the greatest potential to improve flexibility. An example of a dynamic stretch is bouncing while touching your toes.
- False
 - True
33. Muscle spindle reflexes
- Oppose muscle contraction
 - Resist stretch
 - Make muscles more flexible
 - Allow for muscle lengthening
34. The amount of air inhaled and exhaled with each breath during rest is known as
- Vital Capacity
 - Minute Ventilation
 - Tidal Volume
 - Total Lung Capacity
35. The respiratory zone consists of the
- nose
 - mouth
 - nasal cavity
 - all of the above
 - none of the above



36. Heart rate is increased through parasympathetic activity
- True
 - False
 - Depends on the situation
37. Which of the following statements is/are FALSE?
- Heart sizes of individuals differ to meet demands of differing body size
 - Lower pressure in the arteries makes it more difficult for the heart to empty in comparison to higher pressure
 - Average stroke volumes may differ between individuals
 - Vasodilation of blood vessels occurs during exercise
 - None of the above
38. Which of the following is the correct chain of infection?
- Portal of Entry → Means of Transmission → Reservoir → Pathogen → Portal of exit → New host
 - Reservoir → portal of exit → Means of Transmission → Portal of entry → new host → pathogen
 - Pathogen → Reservoir → Portal of exit → Means of transmission → Portal of entry → New host
 - Pathogen → Reservoir → Portal of entry → Means of transmission → Portal of exit → pathogen
39. What would could death in type I diabetes patients if left untreated?
- Accumulation of acetone in the body.
 - Starvation.
 - Seizures.
 - Misfolded receptor proteins.
40. Metformin:
- Causes higher glucose uptake by making the body more sensitive to it.
 - Binds to the same Glucose channels Insulin binds to, decreasing blood glucose levels.
 - Decreases glucose production by the liver.
 - Stimulates higher Insulin secretion from the pancreas.
41. Which of the following is **not true** about Leptin?
- It increases metabolism and decreases appetite.
 - Obese persons usually develop resistance to it.



- c) It works by sending a signal to the brain indicating the person is full.
 - d) It is secreted from adipose tissue.
42. Which of the following is true?
- a) The three Troponin subunits bind Calcium, Tropomyosin and Actin.
 - b) While Myosin shortens during a contraction, Actin remains the same length.
 - c) Type IIx fast-twitch fibers are fatigue resistant.
 - d) Tetanus occurs at maximal force production.
43. For the first 2-3 minutes of vigorous exercise, the ATP-Phosphocreatine mechanism supplies the muscles with energy. **T/F**
44. Which of the following can be treated with corticosteroids?
- a) Osteoarthritis
 - b) Osteoporosis
 - c) Muscular dystrophy
 - d) Both a) and c) are correct.
45. Which of the following is **not true** about Autogenesis?
- a) No pain is felt during this stage.
 - b) It involves an inflammatory response and swelling.
 - c) It involves protein degradation.
 - d) It leads to accumulation of Neutrophils, monocytes and macrophages.
46. Which of the following **does not** promote protein synthesis?
- a) Concentric contractions.
 - b) Increased carbohydrate intake.
 - c) Anaerobic metabolism.
 - d) Creatine loading.
47. The PNF stretch:
- a) Involves an eccentric contraction of the muscle to relax the antagonistic muscle.
 - b) Can easily result in injury
 - c) Is followed by a dynamic stretch.
 - d) Two of the above are correct.
48. What causes ventilatory threshold?
- a) Decreased oxygen levels.
 - b) Blood vessel constriction.
 - c) Increased CO₂ levels.



d) High stress levels.

49. In Atherosclerosis, a plaque is caused by the accumulation of platelets. **T/F**

50. An Embolic stroke:

- a) Is a type of a hemorrhagic stroke.
- b) Is caused by a clot that did not originate in the brain.
- c) Involves a fusiform type of aneurism.
- d) Can be treated with tissue plasminogen deactivator within three hours of the initiation of the stroke.

51. Pulmonary Fibrosis:

- a) Is an obstructive airway disease.
- b) Is a milder version of Cystic Fibrosis.
- c) Makes it very difficult to exhale.
- d) Can be caused by infection.

52. Which to following is correct about pathogens?

- a) Prions are unicellular parasites that cause tissue damage in the brain.
- b) Very few species of viruses can be treated by anti-biotics.
- c) Tuberculosis is caused by a bacterial infection.
- d) Fungi can enter the body through any of its orifices.

53. Which of the following **is not** a risk factor for skin cancer?

- a) Multiple sunburn history.
- b) Family history of Melanoma.
- c) Tendency to freckle.
- d) A diet poor in vitamin D.

54. Which of the following classes would you suggest to a patient with a recent knee injury?

- a) Step Aerobics class.
- b) Water Aerobic class.
- c) Cross-Fit.
- d) High impact Aerobic Floor class.

55. What is the first factor that has to be treated in the Female Triad?

- a) Regaining menses.
- b) Regaining weight.
- c) Increasing bone mineral density.
- d) The three should be addressed simultaneously.



56. Which method is most useful in testing fatigability in soccer players?
- a) Yo-Yo beep test.
 - b) 30 second Wingate test.
 - c) Interval type test.
 - d) Repeated sprints with rest intervals.
57. What is true about COPD?
- a) It is the second leading cause of death in North America.
 - b) It can lead to heart failure through pulmonary arterial hypotension.
 - c) Interval training and small muscle group training are recommended for COPD patients.
 - d) It is usually inherited but can also be caused by smoking and environmental pollutants.
58. A mole of ATP releases 7.3 kcal of energy. **T/F**