1. Which of the following is NOT a benefit of regular physical activity for children?
   1. Improved cardiorespiratory and muscular fitness
   2. Increased symptoms of depression
   3. Favorable body composition
   4. Improved bone health
2. Which of the following is a common health benefit for adults associated with regular physical activity?
3. Lower risk of early death
4. Lower risk of stroke
5. Lower risk of type 2 diabetes
6. All of the above
7. Superior means:
8. Located toward the back
9. Located toward the head
10. Located above
11. Located below
12. Isokinetic contractions occur when:
13. Tension developed within the muscle changes throughout the range of motion
14. Tension is developed within the muscle and no joint angle changes occur
15. Tension is developed within the muscle causing limited movement
16. Tension developed causes lengthening of the stabilizing joint
17. A term meaning away from the midline or on the outside is:
18. Internal
19. Medial
20. External
21. Lateral
22. The training principle that a physiological system subjected to above-normal stress will respond by increasing in strength or function is known as:
23. Specificity
24. Systems building
25. Progression
26. Overload