

FFF Learning Evaluation – Multiple Choice Questions  
**Part Five**  
– Fitness as a Lifestyle –

1. The FAA recommends that before anyone starts a fitness program he/she should do what?
  - A. Find a good health club
  - B. Get a physical examination
  - C. See a fitness professional trainer
  - D. Buy a quality weight training machine
2. One of the first steps is to also change your attitude toward a lifestyle. After that, the main thing is what?
  - A. Don't quit
  - B. Change your diet
  - C. Change your primary care physician
  - D. Start warming up by doing the aerobic conditioning first
3. Warming up does what for your exercise program?
  - A. Lengthens your muscles
  - B. Gives your body a chance to deliver nutrient-rich blood to muscles to be exercised
  - C. Lubricates the joints
  - D. Both B and C are correct
4. In your daily routine, the FAA recommends what?
  - A. Take the stairs instead of using an elevator
  - B. Walk rather than drive
  - C. Eat appropriate foods
  - D. All of the above are correct
5. Which of the following is not part of an “aerobic” conditioning?
  - A. Jumping rope
  - B. Stair climbing
  - C. Cycling
  - D. Lifting free weights
6. A resistance-band machine is what?
  - A. Not effective
  - B. A form of an anaerobic exercise machine
  - C. Banned in Europe
  - D. A way to get rid of lactic acid in the muscles
7. Exercising with free-weights, resistance, and band machines is called what?
  - A. Aerobic conditioning
  - B. Anaerobic conditioning
  - C. Cardiovascular
  - D. None of the above
8. Which of the following is one of the least expensive, yet one of the most effective methods of exercising?
  - A. Squats
  - B. Dead-lifts
  - C. Walking with a dog
  - D. Military press

9. Free weights are more effective, but weight training machines are \_\_\_\_\_.
- A. Safer
  - B. Slower
  - C. Faster
  - D. Easier
10. The “finishing touch” to any workout is called what?
- A. Burnout
  - B. Cool down
  - C. Painful
  - D. Warm down
11. Proper nutrition, fluid intake, rest, and recuperation are all important for what purpose?
- A. Passing your flight medical examination
  - B. Getting a private pilot’s certificate
  - C. Becoming a student pilot
  - D. A healthy lifestyle
12. The average sedentary person needs how much water in a 24-hour period?
- A. 16 ounces
  - B. 2-4 quarts
  - C. 2-4 gallons
  - D. 2 quarts
13. Dr. Glenn Stout, MD, states in his article that \_\_\_\_\_.
- A. Obesity is not a problem
  - B. Obesity is not curable
  - C. Obesity is a national crisis
  - D. Obesity will keep you from passing your aviation medical examination
14. Dr. Glenn Stout, MD, refers to the BMI to identify obesity. What is the BMI?
- A. Basal Metabolism Index
  - B. Basic Mass Index
  - C. Body Mass Index
  - D. Body Motion Indicator
15. According to Dr. Stout, what percentage of our population is now overweight?
- A. 40%
  - B. 32%
  - C. 10%
  - D. 50%
16. Every major health organization endorses the \_\_\_\_\_.
- A. BMC
  - B. The Food Pyramid
  - C. The FAA workout schedule
  - D. Ketosis factor
17. Most men lose weight on how many calories per day in a normal lifestyle?
- A. 1500
  - B. 2000
  - C. 2500
  - D. 5000

18. Rapid weight loss diets will usually cause a person to lose \_\_\_\_\_ instead of fat.
- A. Muscle
  - B. Water
  - C. Bone mass
  - D. Cholesterol
19. Is there a known food that “melts fat?”
- A. Yes
  - B. No
20. According to Dr. Stoutt’s article, “On Exercise and Heart Disease,” cardiovascular disease is a disease of lifestyle and therefore largely \_\_\_\_\_.
- A. Related only to men
  - B. Incurable
  - C. Fatal
  - D. Preventable