The questions for the HHP exit exam were selected from the major course content and from content that the instructors of the course feel will be repeated in subsequent classes. It is not the intention of the HHP faculty to submit questions that are misleading or confusing. The following is a list of topics, by course, that you can use to study. The object is to look at the topic and realize that you need to fully understand that topic and not just a definition of what it “is”. The tests are 100 multiple choice questions and is a comprehensive test. A passing score is 70 or better. The test is pass/fail.

**Exercise Science and Wellness Exam questions come from the following classes:**

***You will need a calculator for some of the EXSC 431 questions***
- Health 111, 220, 330, 351, 410;
- Exercise Science 305, 430, 431;

**Generalist Exam questions come from the following classes:**
- Health 111, 220, 351;
- Exercise Science 305;
- Human Performance 432, 435, 440.

**Sport Management Exam questions come from the following classes:**
- Health 111, 220, 351;
- Human Performance 432, 435, 440;
- Sport Management 305, 406, 413.

**HPER 207**
1. Physical Activity Guidelines
2. Physiological benefits of exercise
3. The five health related components of fitness
4. Assessing the five health related components of fitness
5. Creating a balanced physical activity and exercise program
6. Aerobic activity workout components
7. Resistance Training Programming and Components
8. Flexibility Training and Components
9. Principles of exercising for Weight Management
10. Behavioral Techniques associated with Exercise Adherence

**HPER 350**
1. Motor Behavior and Related Fields
2. One-Dimension Motor Skill Classification Systems
3. Gentile’s Two-Dimensions Taxonomy
4. Fundamental Motor Skills
5. Motor Abilities
6. Motor Learning and Performance
7. Stages of Learning
8. Transfer of Learning
9. Motor Development
10. Motor Development Constraints

HPER 432
1. Motivation
2. Arousal and Anxiety
3. Intrinsic Motivation and Flow
4. Personality
5. Group Cohesion
6. Arousal Regulation
7. Imagery
8. Self-Confidence
9. Goal Setting
10. Concentration

HPER 435
1. Carbohydrate, fat, protein use and storage in the body
2. What are the primary macronutrients and energy supplied by each
3. Types of carbohydrates, their use and function
4. Vitamin use in the general population
5. Nutrition and exercise on bone health
6. Calorie intake and expenditure in weight loss
7. Diet and exercise in resistance to illness and disease
8. RDA of macronutrients and the daily reference value for daily intake

HPER 440
1. Variables (dependent and independent) how they are used in research
2. How data is displayed on various graphs
3. What are the types of statistical tests to research relationships vs. differences
4. Why we collect data, how we use the results
5. Probability of error (alpha level) or confidence level
6. Inferential and descriptive statistics, what they are and how they are used
7. Subjective and objective evaluation of skills
8. Types of validation and reliability

HLTH 111
1. What is good health
2. What is a Behavior Change model
3. What is stress and how does a person cope
4. Know good fitness practices and weight loss practices
5. What are macronutrients and what are their purpose
6. The effects of tobacco and alcohol
7. Safe and safer sex practices, including disease prevention
8. Leading causes of death in the United States
9. Self-care

HLTH 220

1. Identify how to make appropriate decision and to prioritize those decisions when administering first aid.
2. Recognize the treatment and demonstrate the care of life-threatening emergencies: breathing, choking, and cardiac arrest for infants, small children, and adults. (CPR)
3. Identify the variables that must be controlled when treating bleeding, wounds, and shock victims.
4. Describe and demonstrate the care for the following medical emergencies: poisoning, bites, stings, heat and cold exposure, burns, diabetes and seizures, eye, nose, jaw, mouth, and tooth injuries.
5. Describe principles of cold application, elevation, and compression in treatment of sprains, strains, fractures and dislocations.
6. Recognize signs and symptoms of head trauma, and changes in neurological assessment.
7. Recognize signs and symptoms of trauma to the spinal cord and identify cervical stabilization device.
8. Recognize signs and symptoms of shock.
9. Become familiar with the procedures concerning Automated External Defibrillator. (AED)
10. Describe his/her role as a citizen responder in the Emergency Medical Service System.

HLTH 330

1. Key Characteristics of Epidemiology
2. Interrelationship between Disease Incidence and Prevalence
3. Vital Statistics
4. Prevention
5. Morbidity and Mortality Rates
6. Epidemiologic Study Design
7. Descriptive Epidemiology
8. Analytical Epidemiology
9. Behavioral Epidemiology
10. Epidemiologic Triangle and Web of Causation
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HLTH 351

1. Substance Abuse versus Substance Dependence
2. Physical versus Psychological Dependence
3. Drug Interactions
4. Tolerance
5. Substance Abuse Prevention
6. Ergogenic Drugs
7. Drug Administration
8. Drug Metabolism
9. Substance Use/Abuse Effect on Neurotransmitters
10. Substance Abuse/Dependence Treatment

HLTH 410

1. Health Education and Promotion
2. Levels of Prevention
3. Generalized Model of Program Planning
5. Prioritizing Needs
6. Components and types of Program Objectives
7. Link between theories and Interventions
8. Types of Intervention Strategies
9. Components of Logic Models
10. Framework for Evaluation

EXSC 305

1. Types of muscle contraction and the effect on joint movement
2. Planes of movement and types of movements within those planes
3. Major muscle groups and their actions
4. Anatomical positioning and types of joint movement (flexion, extension, etc.)
5. Characteristics of mobility vs. stability

EXSC 430

Cardiorespiratory adaptations:
Understand how we adapt to aerobic and anaerobic exercise as it relates to:
- HR
- Stroke volume
- Q
- BP (systolic/diastolic)
- Ventilation
**Muscular adaptations:**
Understand how we adapt to aerobic and anaerobic exercise as it relates to:
- Muscle size
- Muscle contraction
- Neurological response
- SO
- FG
- FOG

**Metabolism:**
Understand the three energy systems as it relates to:
- Fuel source
- Intensity
- Duration
- Key enzymes
- Aerobic/anaerobic activity

**Terms:**
- ATP
- ATPpcr
- Enzyme
- Substrate
- PFK
- Lactate
- Aerobic
- Anaerobic
- ETS
- Kreb cycle
- lactate threshold
- Atrophy
- Frank Starling mechanism
- MET
- MHR
- Local control of blood flow
- F.I.T.
- DOMS
- Eccentric
- Concentric
- Action potential
- Hypertrophy
- Hyperplasia
- Isokinetic
- Isotonic
- Isometric
- Peripheral fatigue
- Central fatigue
- Task-Dependency Model
- Accumulation Hypothesis
- Depletion Hypothesis
- All or none principal
- NADH
- FADH
- ATPase
- Isocitrate dehydrogenase
- LDH
- PC
- Oxygen debt
- Oxygen deficit
- EPOC
- Dissociation curve
- RER
- Vo2Max
- Overload
- Specificity
- Progression
- Avo2 difference
- Aerobic glycolysis
- Anaerobic glycolysis

**EXSC 431**
1. Health assessment
2. Risk stratification
3. Metabolic equations
4. Rx
5. Criteria for risk stratification
6. Criteria for health assessment

**Sport Management 305 Introduction to Sport Management and Administration**
1. Understand, describe, and apply basic administrative principles as applied to sport organizations and industry.
2. Identify and explain administrative/organizational theories, terminology, and structure as they exist in sport settings.
3. Understand, describe, and apply basic principles regarding management, marketing and finance for sport organizations.
4. Understand, describe, and apply basic legal and ethical principles as applied to sport organizations.
5. Design and implement programs utilizing organizational principles for the administration of sport related programs.

**Sport Management 406 Advanced Sport Management and Administration**

1. Articulate thoughtful positions on several current issues facing the sport industry today and in the near future.
2. Identify and describe several theories relating to sport management and administration.
3. Feel more comfortable presenting sport management academic contents and current issues in sport.
4. Demonstrate effective communication and presenting skills.
5. Prepare future career in sport.

**Sport Management 413 Event and Facility Planning**

1. Recognize the necessary steps in managing a facility.
2. Discuss the similarities and differences between event and facility management.
3. Demonstrate an understanding of the procedures, principles, and current trends in planning and managing an event or facility.
4. Explain the need for effective risk management of facilities and events.
5. Knowledge of venue and event management.
6. An understanding of the importance of customer service.
7. Importance of economic impact of venues and events.
8. Understand the unique situations involved in running international events.