

National Physical Activity Guidelines –

Application Questions

QUESTIONS 1

Which of the following is not one of the four main guidelines of the National Physical Activity Guidelines?

- a. Put together at least 30 minutes of moderate intensity physical activity on most, preferably all, days
- b. Think of movement as an extra component to your day
- c. Be active in as many ways as you can
- d. If you can, also enjoy some regular, vigorous exercise for extra health and fitness

QUESTION 2

Which of the following is not a benefit of physical activity for kids?

- a. Improves balance and flexibility
- b. Improves cardiovascular fitness
- c. Improves posture
- d. Reduces self-esteem

QUESTION 3

In accordance to the Physical Activity Pyramid, people should be encouraged to:

- a. Undertake level 1 activities every second day
- b. Undertake level 2 activities at a vigorous intensity
- c. Participate in level 3 activities designed for strength 2-3 times per week
- d. Participate in level 4 activities as often as possible

QUESTION 4

- a. Complete the table below by recording the recommendations for each physical activity dimension in relation to the National Physical Activity Guidelines for adults.

Dimension	Physical Activity Recommendations for adults
Type	
Frequency	
Intensity	
Duration	

Answer the following questions for an individual who is 7 years old

- b.** How many days per week should this individual be physically active?
- c.** On the days this individual should be active how many minutes are recommended?
(VCAA 2006 Exam)

QUESTION 5

- a.** a. Explain the difference between the 4 levels of the Physical Activity Pyramid in terms of frequency, intensity and time.
- b.** b. Give 2 examples of activities that can be performed in each of the 4 levels

QUESTION 6

What are the 4 steps to better health for adults described by the National Physical Activity Guidelines?

QUESTION 7

The National Physical Activity Guidelines are the minimum recommendations by health authorities to

- a.** achieve health benefits for the population.
- b.** increase physical activity levels within the population across all domains.
- c.** gain high levels of fitness within the general population.
- d.** reduce weight and levels of obesity within the population.

(VCAA 2008)