

The Spin Game...Questions

Health & Phys. Ed.



1.1 Which of the following is the study of how our bodies use food to build and repair themselves?

- a) diet
- b) nutrition
- c) food technology

1.2 To become a family doctor you need to ...?

- a) study traditional Chinese medicine (TCM)
- b) work as an intern after completing a medical degree
- c) be a partner in a medical clinic

1.3 Which is the best choice for someone who doesn't like math, but enjoys working with people, nature, and outdoor sports?

- a) ski shop manager
- b) adventure tourism guide
- c) cross-country ski racer

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1.1 b) nutrition

1.2 b) work as an intern after
completing a medical
degree

1.3 b) adventure tourism
guide

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2.1 What does a podiatrist's work involve?

- a) feet
- b) whales
- c) neither

2.2 Which of the following is essential for truck drivers, heavy equipment operators, and athletes?

- a) good coaches
- b) good contracts
- c) good eye-hand-foot coordination
- d) all of the above

2.3 With a degree in Kinesiology, you could become employed as a:

- a) National Sports Team Coach
- b) Senior Citizen Home Recreation Coordinator
- c) Health and Fitness Coordinator
- d) all of the above

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2.1 a) feet

A podiatrist treats diseases and injuries of the feet.

2.2 c) good eye-hand-foot coordination

2.3 d) all of the above
<http://kinesiology.usask.ca/academics/careers>

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3.1 Which of the following best describes the holistic approach to health care?

- a) religious
- b) concerned with environment and lifestyle
- c) herbal medicine

3.2 What do athletes need to make it to the top ranks of their sports?

- a) discipline
- b) perseverance
- c) good nutrition
- d) all of the above

3.3 At a Roughrider game your friends are cheering louder and louder. You notice that the family in front of you seems irritated. You:

- a) suggest to your friends to quiet down
- b) join in the fun
- c) ask the family to move

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3.1 b) concerned with
environment and lifestyle

3.2 d) all of the above

3.3 a) Suggest to your friends
to quiet down.

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4.1 Who tests eyesight and prescribes the proper eyeglasses?

- a) optician
- b) optometrist
- c) ophthalmologist

4.2 Which of these health care professionals mostly needs excellent interpersonal skills?

- a) surgeon
- b) pathologist
- c) dentist
- d) all of them

4.3 Besides hospitals, clinics, and seniors' homes, where could nurses find work?

- a) universities
- b) cruise ships
- c) armed forces
- d) all of the above

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4.1 b) optometrist

An optician makes and sells eyeglasses and contact lenses. an ophthalmologist is a doctor who treats eye injuries and diseases.

4.2 a) surgeon

4.3 d) all of the above

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5.1 What does a kinesiologist study?

- a) body movement
- b) family trees
- c) the nose and throat

5.2 Whose job is it to help people adjust to personal difficulties caused by an accident, illness, or surgery?

- a) doctor
- b) social worker
- c) physiotherapist

5.3 You are shopping at a farmers' market and see someone steal. You:

- a) confront them
- b) shake your head, say nothing, and continue shopping
- c) report it to the market's security guards
- d) tell the seller

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5.1 a) body movement

A kinesiologist conducts fitness tests and provides fitness counselling.

5.2 b) social worker

5.3 c) Tell the seller.

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6.1 Which dietary factor is responsible for healthy hair, building muscles, and providing energy?

- a) glucose
- b) protein
- c) carbohydrates

6.2 Many sports use transferable skills valuable in other sports. For example, good tennis skills help in ...?

- a) pole vaulting
- b) racquetball
- c) croquet
- d) swimming

6.3 You've always loved sports but you're not competitive by nature. You're a good communicator. Which of these occupations might suit you best?

- a) pro athlete
- b) sports coach or instructor
- c) sports agent
- d) sports broadcaster

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6.1 b) protein

6.2 b) racquetball

6.3 d) sports broadcaster

Professional athletes, agents
and coaches/instructors need
to be competitive to enjoy
their work.

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7.1 Someone cuts in front of you as you wait for a ride at the local fair. You:
a) ask them to move to the back of the line
b) accidentally smudge your hot dog mustard on their shirt
c) say nothing

7.2 A good entry to the field of healthy foods and nutrition it is ...?
a) going to a culinary school
b) living in Spain or Italy where diets are healthier
c) get a BSc in dietetics
d) pursue a career in the fast food industry

7.3 Which is the best choice for a young doctor who seeks travel, adventure, and a chance to help people who really need it?
a) work for the military reserves as a triage doctor
b) family physician
c) join Doctors Without Borders

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7.1 a) ask them to move to the
back of the line

7.2 c) get a BSc in dietetics

7.3 c) Doctors without Borders
This is an international aid
organization that provides
emergency medical relief in
economically depressed countries.

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8.1 Who works with athletes to help build up and maintain their physical fitness?

- a) manager
- b) trainer
- c) mascot

8.2 Which of these issues is a major concern for nurses and other hospital workers?

- a) on-the-job injuries
- b) bad hospital food
- c) health insurance

8.3 Those seeking medical alternatives for more natural healing are turning to ... ?

- a) botanists
- b) endocrinologists
- c) herbalists

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8.1 b) trainer

8.2 a) on-the-job injuries

8.3 c) herbalists

Herbalists are trained or skilled in the therapeutic use of medicinal plants.

Endocrinologists deal with disorders of the endocrine system which produces hormones.

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9.1 Individual sports activities are likely to lead to...?

- a) anti-social behaviours
- b) obesity
- c) lifelong physical fitness

9.2 Your friends confide in you and take your advice. You're considering studying to be a counsellor. What occupational hazards do counsellors face?

- a) low wages
- b) poor working conditions
- c) emotional burnout

9.3 Who plans and supervises food services in institutions to ensure proper nutrition?

- a) cook
- b) nutritionist
- c) dietician

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9.1 c) life long physical fitness

9.2 c) emotional burnout

9.3 c) dietician
A dietician plans and supervises
food service.
A nutritionist studies the effect
of diet on human health.

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10.1 Which of these describes a paramedic health care worker?

- a) arrives by parachute
- b) responds to emergencies
- c) is a mobile doctor

10.2 What do doctors, dentists, and veterinarians all have when they graduate and begin to practice?

- a) a degree in medicine
- b) an entrepreneurial certificate
- c) a graduate degree in chemistry
- d. experience working overseas

10.3 Which would be a good alternative for a physical therapist who didn't want to work in a hospital setting?

- a) manage a pharmacy
- b) consult in a fitness center
- c) coordinate sports programs

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10.1 b) responds to
emergencies

10.2 a) a degree in medicine

10.3 b) consult in a fitness
center

Management and program
coordination require business
and supervisory experience.