

The National Fitness Hall of Fame Institute

Name:		Email:	
Date:		City & State:	

“The History of Fitness” Course Exam

FILL-IN THE BOX with the correct answer:

1. During the 1900s, many people faced _____ due to infectious diseases.
2. (True of False) The Great Depression had a traumatic effect worldwide, leading to widespread unemployment and poverty, especially in the United States.
3. President Theodore Roosevelt struggled with poor health in his youth but triumphed over his illness with _____ and became an advocate of the strenuous life. He encouraged US citizens to be physically active throughout their lives.
4. Racquetball, which was invented by _____ in 1950, became very popular during the 1970’s. It was easier to learn than tennis and the courts were far less expensive for clubs to install, so it quickly became the “in” sport.
5. What term was used in the late 19th and early 20th centuries to describe “Fitness?”
6. In the 1960s, Isometric Training became popular again and was promoted as a fast and easy workout that anyone could do. An isometric exercise is a form of exercise involving the static contraction of a _____ without any visible movement in the angle of the joint.
7. At the new Nautilus Fitness Centers of the 1980s, you could get an entire full-body workout in less than 30 minutes by performing _____ of each exercise of the 12 revolutionary Nautilus machines.
8. (True or False) One popular exercise class during the 1920s used Indian Clubs. Participants would perform a series of gracefully flowing moves with an Indian Club in each hand.
9. (True or False) Paige Palmer hosted the first daily televised fitness-oriented television show in the United States. “The Paige Palmer Show” ran on WEWS-TV, Cleveland, Ohio from 1948 to 1973.

10. In the 1930s, the physical educators of the day provided instruction on how to develop a strong and powerful body and help men create what persona?
11. (True or False) Infomercials declined in the mid-1990s because of dissatisfaction with fitness and motivational products.
12. (True or False) Health Spas emerged as big business during the 1950s with the economy being good. Vic Tanny, Jack LaLanne and Ray Wilson were major players in the Health Club business during this era.
13. (True or False) "The Jack LaLanne Show" was the longest running television program devoted to exercise which ran from 1951 to 1985.
14. In 1955, President _____ received a shocking report that infuriated the Commander in Chief. The report presented grim statistics about the fitness levels of America's youth.
15. (True or False) The President's Counsel on Youth Fitness was formed in 1956 to combat the poor fitness levels of America's youth.
16. Defined as a form of trotting or running at a slow or leisurely pace, starting in the 1960's but gained wide-spread popularity during the 1970's.
17. (True or False) The 1970's marked a time of radical change, as America was faced with numerous problems including: the Vietnam War, an oil crisis, sky-rocketing inflation, double digit mortgage rates, high unemployment and recreational drug use which combined, defined the era historically.
18. In the _____ "High-Tech Gadgets" like the Fitbit® activity tracker were very popular.
19. (True or False) In the early 1970s the number of tennis players in the U.S. doubled.
20. The ten years from _____ would give rise to a "Fitness Boom" unparalleled throughout American History.
21. (True or False) In 1982, the Reebok Freestyle was the first athletic shoe designed for women. The shoe was made to accommodate aerobics workouts and was released during the height of the 1970s aerobics craze.
22. In 1968, there were about joggers the _____ people jogging regularly. By 1978, number of increased to 27 million.

23. The invention of the video player in 1977, launched an entirely new fitness industry and the era of the _____ which exploded during the 80's.
24. The group exercise class _____ involves Latin dance and aerobic elements as well as martial arts moves, squats, lunges and other aerobic techniques.
25. (True or False) During the 1980s television saw a decline of fitness shows.
26. During what era was there an explosion of jobs for fitness professionals?
27. (True or False) In the era of the 1990s, personal training services expanded "Beyond the Celebrity" to the general public.
28. Who is universally recognized as the creator of the "Modern-Day Personal Training Industry?"
29. (True or False) Prior to the 1990s, fitness trainers were called, "*Floor Personnel*" and were responsible for not only equipment orientation (showing how the equipment works) but also designing personalized programs, monitoring a member's progress and providing follow-up recommendations usually after 4-6 weeks.
30. Certification became a requirement for employment in the fitness field during the

WHO is considered?

31. "The Father of Physical Culture"
32. "The King of the Health Clubs"
33. "The Father of Aerobics"
34. "The First Lady of Fitness"
35. "The Godfather of Fitness"

WHO was?

36. 1st introduce jogging to America
37. 1st to promote wellness and the “Clean Living” movement.
38. 1st to produce “Wellness” products in America.
39. 1st to host TV Fitness Show “On-location”
40. 1st to create an international dance/exercise fitness franchise:
(Jazzercise)
41. 1st to publish the national fitness magazine, “Physical Culture.”
42. 1st to promote “Kids Fitness” to the Nation
43. 1st Fitness Celebrity in Hollywood
44. 1st TV Fitness Celebrity (male)
45. 1st to organize American weightlifting competitions.
46. 1st to coin the term Aerobics
47. 1st to open “Health Food Stores” in America
48. 1st to introduce “Personal Training to the Masses.”
49. 1st to create a “National Health Club Chain”
50. 1st TV Fitness Celebrity (female)