

The Importance of Leisure and Recreation for Health and Well-being

Health And Wellness · Answer Key · 20 Questions

1. According to the text, what is a benefit of taking part in leisure activities as a family?

- A) It teaches children how to handle stress and emotions.**
- B) It leads to more time spent on obligations.
- C) It increases feelings of overwhelm.
- D) It reduces opportunities for bonding.

2. What can happen when you regularly participate in leisure activities?

- A) It reduces depression.**
- B) It increases feelings of obligation.
- C) It leads to more stress.
- D) It has no impact on mood.

3. What can improve mood, according to the 2005 California State Parks Report?

- A) Thinking about past outdoor recreation experiences.**
- B) Focusing on current obligations.
- C) Avoiding any form of recreation.
- D) Dwelling on negative emotions.

4. Why can leisure and recreation enhance your quality of life?

- A) By helping to find balance.**
- B) By increasing obligations.
- C) By causing overwhelm.
- D) By reducing opportunities for enjoyment.

5. What type of recreation is particularly associated with improved self-esteem?

- A) Physical recreation.**
- B) Mental recreation.
- C) Social recreation.
- D) Creative recreation.

6. When are you more likely to feel satisfied about your life?

- A) When you regularly take part in recreation activities.**
- B) When you avoid all recreational activities.
- C) When you are always busy with obligations.
- D) When you only think about work.

7. What percentage of respondents in a 2000 American Recreation Coalition study reported being satisfied with their health and fitness?

A) 90 percent.

B) 60 percent.

C) 100 percent.

D) 50 percent.

8. In contrast, what percentage of those who didn't take part in such activity reported not being satisfied with their health and fitness?

A) 60 percent.

B) 90 percent.

C) 10 percent.

D) 40 percent.

9. Why can recreational therapy be an essential part of a rehabilitation program?

A) Because of the health benefits it offers.

B) Because it is not beneficial.

C) Because it is a new and untested therapy.

D) Because it adds to patient obligations.

10. What does recreational therapy involve?

A) Using various recreation or leisure activities to enhance or promote wellness.

B) Prescribing medication for patients.

C) Conducting surgical procedures.

D) Assigning additional homework.

11. Which populations commonly take advantage of recreational therapy?

A) Psychiatric patients, recovering addicts, children, and seniors.

B) Only individuals with severe medical conditions.

C) Only adults over the age of 65.

D) Only athletes recovering from injuries.

12. What is one of the benefits of recreational therapy for certain populations?

A) Faster healing from medical conditions.

B) Increased stress.

C) Worse cognitive function.

D) Slower recovery times.

13. What is another benefit of recreational therapy mentioned in the text?

A) Stress management.

- B) Reduced self-esteem.
- C) Decreased body function.
- D) Impaired cognitive function.

14. Improved body function is a benefit of what?

A) Recreational therapy.

- B) Excessive obligations.
- C) Avoiding all activities.
- D) High levels of stress.

15. Better cognitive function can be a result of participating in what?

A) Recreational therapy.

- B) Overwhelming obligations.
- C) Passive leisure.
- D) Social isolation.

16. The text suggests that taking part in leisure activities can help individuals model healthy ways to handle what?

A) Stress and emotions.

- B) Financial burdens.
- C) Workplace conflicts.
- D) Academic pressures.

17. Regular participation in recreation activities is linked to which of the following?

A) Increased life satisfaction.

- B) Decreased life satisfaction.
- C) A feeling of being overwhelmed.
- D) A lack of purpose.

18. The text implies that mental health has significant implications for which other aspect of health?

A) Physical health.

- B) Financial health.
- C) Social health.
- D) Spiritual health.

19. The American Therapeutic Recreation Association highlights benefits for various populations. Which of these is NOT mentioned as a common recipient of this therapy?

A) Athletes.

B) Psychiatric patients.

C) Recovering addicts.

D) Seniors.

20. The text states that just thinking about past outdoor recreation experiences can improve what?

A) Mood.

B) Energy levels.

C) Concentration.

D) Physical strength.