

chapter 12

WHAT DO YOU know?

1. What is the definition of emotional well-being?
2. Distinguish among emotions, moods, and affect.
3. What two things led to the dissatisfaction with existing affective measures and the development of exercise-specific measures?
4. What are the two major advantages attributed to using a dimensional approach to study affect?
5. What general conclusions can be drawn regarding the before-to-after affective responses to exercise?

6. What is the metabolic landmark that seems to provide a fairly reliable indication of when, during exercise, affect shifts from good to bad or positive to negative?

7. Distinguish between primary and secondary exercise dependence.

8. What is the basis for the energy conservation–sympathetic arousal hypothesis?

9. Based on what is currently known, is exercise dependence a widespread problem?