1. Hull House was established in 1889 in Chicago, Illinois and quickly became a model for community facilities to serve the poor. Recreation was a key component of settlement houses like Hull. Who established Hull House?
   a. Harriet Roosevelt
   b. Jane Addams
   c. Juliet Gordon Low
   d. Clara Barton

2. Leisure is often a social experience. Which of the following is a benefit usually received from friendships or social support networks?
   a. Greater sense of well-being
   b. Later onset of most diseases
   c. Maximizing the impact of stress on health
   d. Reduction of rewards received from leisure experiences

3. People who are intrinsically motivated in their leisure tend to
   a. avoid situations in which they are challenged to demonstrate a certain skill level
   b. seek challenges equal to their competence
   c. avoid situations which may result in negative feedback about their performance
   d. seek situations that are easily accomplished or quickly won

4. According to Maslow, all humans strive to achieve ___________ but first must fulfill other essential needs.
   a. self-actualization
   b. ego esteem needs
   c. a sense of love and belonging
   d. safety/security

5. Which of the following examples demonstrates the concept of “flow”?
   a. Sharena got so involved in painting a sunset, she lost track of time.
   b. Calvin, after trying a number of activities, decides he likes archery the best.
   c. Katrina has three cats and two dogs and volunteers at the animal shelter twice a week.
   d. Ian likes to travel to new places at least twice a year.

6. Which of the following outcomes should the park and recreation professional attempt to provide in order to facilitate leisure experience for participants in a program?
   a. freedom, special events, activity
   b. freedom, intrinsic satisfaction, positive effect
   c. play, spontaneity, moral action
   d. play recreation, games

7. The classical school of thought concerning leisure treats it as purely discretionary containing little or no moral implication.
   a. True  b. False
8. Social class standing has had a direct influence on attitudes and behaviors in recreation and leisure in most of history.
   a. True  b. False

9. Recreation differs from both play and leisure in that it is basically organized and takes place in groups.
   a. True  b. False

10. Leisure is the occasion for the development of broader and deeper perspectives and
    a. for renewing the body, mind and spirit
    b. freedom for growth and expression
    c. desire for exercise and good health
    d. a & b
    e. a, b, & c

11. Leisure can be conceptualized as
    a. time
    b. activity
    c. an experience or state of mind
    d. all of the above

12. What was the first U.S. National Park?
    a. Niagara Falls National Park
    b. Yosemite National Park
    c. Shenandoah National Park
    d. Yellowstone National Park

13. A park and recreation professional is planning a bike ride on local trails for participants over 50 years of age. Which of the following participant characteristics will most likely impact program planning?
    a. income level
    b. health status
    c. gender balance
    d. educational level

14. Prior to planning a recreation program, the park and recreation professional should assess the target population in order to
    a. identify disabled participants
    b. determine needs
    c. identify revenue potential
    d. locate available facilities

15. Because of budget cutbacks, the parks and recreation professional has been instructed to develop less expensive programming formats and to operate in a facilitator role rather than a direct provider role. Which of the following types of program operations would most directly implement this policy shift?
    a. classes
    b. skill development activities
    c. special events
    d. self-directed clubs
16. To make certain a participant experiences perceived freedom while participating in an arts and crafts class, which of the following should the parks and recreation professional design into the participation process?
   a. choice of projects  
   b. good supervision  
   c. adequate supplies  
   d. participation with friends

17. Which of the following types of evaluation is conducted to improve a program while it is being implemented?
   a. summative  
   b. strategic  
   c. formal  
   d. formative

18. The recreation center supervised by the parks and recreation professional had been experiencing problems with cash collection during registration. Registration rosters indicate that more cash should have been received than was accounted for. You want to change the way registration is conducted and are reviewing the alternatives available. All of the following registration methods provide for good cash control EXCEPT the:
   a. mail-in method  
   b. fax-in method  
   c. program location method  
   d. central location method

19. The community has been divided into smaller homogenous subgroups. One of these groups contains people who are 50 to 65 years old, middle income, retired, and physically active. The agency has yet to decide if they are interested in programming for this group. The group is considered a _________________.
   a. target market  
   b. latent market  
   c. market segment  
   d. mass market

20. In which of the following tournament formats does each team play each other team one time?
   a. a challenge tournament  
   b. a round robin tournament  
   c. a double-elimination tournament  
   d. a single-elimination tournament
21. You call a meeting with your program staff to review the goals and objectives of the youth basketball program. You want to start the meeting by providing an overview of the relationship between the program’s goals and objectives. Which of the following would best describe a program objective?
   a. It is a measurement point for a goal.
   b. It does not include a measurement device.
   c. It is a less specific statement.
   d. The accomplishment of a series of goals leads to the accomplishment of an objective.

22. The park and recreation professional markets leisure services primarily to
   a. attract new customers
   b. generate revenue
   c. complete exchanges with target customers
   d. publicize the agency and its services

23. While assessing an individual, the parks and recreation professional asks the following questions. “What makes you laugh?” “What makes you angry?” “Are you often frustrated?” Which of the following domains is assessed with these types of questions?
   a. affective
   b. physical
   c. social
   d. cognitive

24. Which of the following sampling techniques is conducted to ensure each and every program participant has an equal and independent chance of being selected?
   a. matrix
   b. random
   c. snowball
   d. strategic

25. “Accessible” facilities become “usable” when the person with a disability can
   a. expect to receive special treatment and services
   b. function as independently as possible
   c. socialize with individuals with similar disabilities
   d. enter through the front door and use the restroom area

26. The Americans with Disabilities Act includes provisions specifically regarding
   a. employment, government services, and recreation
   b. public transit, government services, and recreation
   c. employment, government services, and public accommodations
   d. employment, recreation, and public accommodations

27. An agency wants to have a strategic plan. The agency asks vendors to submit a formal document outlining what they will do at what cost. What is this document called?
   a. request for quotation
   b. request for proposal
   c. invitation to bid
   d. project bid
28. During the past 6 months, the agency has been sued five times by individuals who entered one of 
the agency’s facilities soon after it opened and were injured by a premises defect. Which of the 
following maintenance functions should the parks and recreation professional improve in order 
to reduce the number of incidents described?
   a. scheduled inspections
   b. housekeeping activities
   c. patron use records
   d. compliance with state regulations

29. Policy should be developed at what level of the organization?
   a. the staff levels impacted by the policy
   b. board level
   c. CEO level
   d. community level

30. Responsibility for the development of a checklist for assuring uniformity and thoroughness of 
facility opening and closing procedures typically lies with the
   a. agency director
   b. facility manager
   c. park security officer
   d. superintendent of parks

31. A major policy change for fees and charges is being considered for the agency. As such, the 
board wants to get public input on the fee changes. Which of the following is the least desirable 
option to consider for the board to get this public opinion?
   a. focus group
   b. ballot referendum
   c. community survey
   d. public hearing

32. By policy, a leisure service agency will subsidize the direct cost of adult recreation programs by 
only 10%. You have a budget with the following information for an oil painting class offered in 
your evening Lighted School Program for individuals 8 years old and older.
   Oil Painting Class Expenses:
   Instructor: $380
   Facility rental: $520
   Program manager: $100
   Overhead charge for agency brochure: $50
What is the maximum dollar amount the agency will subsidize this program?
   a. $38 
   b. $52 
   c. $90 
   d. $105
33. The purpose of emergency action plan is to
   a. identify potential threats in the community
   b. make any needed security improvements
   c. establish evacuation meeting places for each public building
   d. provide a resource of emergency telephone numbers and guideline for reacting to various emergencies

34. Which financial report depicts allocated and expended monies for a fiscal year? This report will show how much money has been allocated, how much has been spent to date, and how much remains in the specific account.
   a. budget statement
   b. cash flow statement
   c. balance sheet
   d. cost benefit profit analysis

35. Employees supervised by the parks and recreation professional are complaining that their annual evaluations are not fair and that they do not know what they should be accomplishing to receive better evaluations. Which of the following does the parks and recreation professional need to work on to improve this situation?
   a. developing better job descriptions
   b. conducting a more thorough job analysis
   c. setting performance standards
   d. reviewing the benefits package

36. Which of the following tasks should not be performed by volunteers?
   a. policy making
   b. legal consultation
   c. public relations
   d. neither a, b or c
   e. a, b and c