

Quiz Answers for Physical Activity Module 2

1. **True or False:** Exercise is only helpful if you do 30 minutes every day.
2. **True or False:** Exercising for 10 minutes, three times a day is as helpful as exercising for 30 minutes at one time.
3. Stretching and range-of-motion exercises can: (Choose one.)
 - a. Increase an individual's flexibility.
 - b. Make it easier for individuals to do things for themselves.
 - c. Make it easier for staff to care for individuals.
 - d. All of the above
 - e. None of the above
4. **True or False:** If a person needs help to transfer, you only need to use a transfer belt if one is available.
5. **True or False:** Sitting on the edge of the bed is a good activity to help individuals work on balance, strength, and posture.
6. **True or False:** Daily activities such as vacuuming, mopping, and sweeping—as well as walking—can help build up an individual's endurance.
7. Endurance: (Choose one.)
 - a. Is the ability to take part in activities for longer periods of time.
 - b. Helps increase a person's level of independence.
 - c. Both a and b
8. **True or False:** Activities such as folding towels, dusting, loading and unloading the dishwasher, and wiping off the table do not count toward the recommended 30 minutes of daily activity.
9. **True or False:** If an individual asks for help with a task, it is better just to do it for them.
10. While individuals are taking part in physical activity, staff is encouraged to: (Choose one.)

- a. Leave them alone and work on other things.
- b. Participate in the exercises with the individual, when possible.
- c. Neither a or b