Quiz Answers for Physical Activity Module 3

1. Sources to use to find community activities include:
   a. Internet
   b. Local TV and newspapers
   c. Church or other organization newsletters
   d. All of the above

2. **True or False**: Volunteering never provides an opportunity for physical activity.

3. **True or False**: Individuals with intellectual and developmental disabilities are not allowed to take part in community-sponsored health and wellness activities because they might get hurt.

4. **True or False**: Outside chores, yard games, and gardening all count as physical activity.

5. **True or False**: Because of snow, ice, and cold temperatures, individuals don’t have to be physically active in winter.

6. Sitting for long periods of time does not lead to:
   a. Poor posture.
   b. Pain and weakness.
   c. Skin breakdown.
   d. All of the above.
   e. None of the above.

7. **True or False**: While watching television, it is best to sit still and concentrate on the show.

8. **True or False**: Video gaming systems can add variety to exercise routines, especially if more than one person can play together.

9. When an individual decides to join a gym, they should:
   a. Never ask for special discounts. It is rude!
b. Take a tour first to see if it is appropriate.

c. Not inspect the equipment. It should already be in good working order.

10. **True or False:** When working with individuals with disabilities, it is very important to be encouraging and patient because it may take them a little longer to complete a task.