

Quiz 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.