Quiz for Physical Activity Module 1

1. Physical activity is important for all of the following reasons **except**: (Choose one.)
   - a. Assists in weight control
   - b. Improves self-esteem
   - c. Keeps the individual busy while staff does something else

2. **True or False**: You should tell an individual what type of physical activity they should do. They probably don’t have a preference anyway.

3. **True or False**: An individual just starting an exercise program should consult a doctor first and then should start slowly and build up to 30 minutes of activity a day.

4. When working with someone, you should show them you are engaged by doing all of the following **except**: (Choose one.)
   - a. Make eye contact
   - b. Talk on your cell phone
   - c. Smile

5. **True or False**: You don’t need to use good body mechanics in transferring an individual who needs full assistance if they are smaller than you.

6. **True or False**: An individual doesn’t need to stretch after exercise if you helped them with all of their movements.

7. **True or False**: It doesn’t matter if an individual enjoys the exercises they are doing. Because you are staff, they have to do it if you tell them to.

8. **True or False**: If you haven’t been trained to use a piece of equipment that a person needs to exercise, you can just guess. The most important thing is that they get 30 minutes a day.

9. **True or False**: A lot of exercises can be done while someone is sitting in a chair.

10. Individuals need strength to: (Choose one.)
a. Get out of bed
b. Help with kitchen chores
c. Brush their teeth
d. All of the above