

## 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