Exercise for Frail Elders

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LEARNING OBJECTIVES:  
**EXERCISE FOR FRAIL ELDERS**

After completing this course participants will be able to:

1. Define frail elders
2. Identify the specific needs of frail elders and adults with special needs.
3. List the components necessary to set up a group exercise class for frail elders and adults with special needs.
4. Identify all necessary requirements for a safe warm-up.
5. Provide safe and effective warm up variations and progressions.
6. Know all guidelines for exercise programming with frail elders and adults with special needs for warm-up, cardiovascular, resistance and cool downs.
7. Safely modify cardiovascular exercise with variations and progressions for frail elders.
8. Know how to perform at least basic warm-up, cardiovascular, resistance and cool down exercises.
9. Address at least 5 myths associated with resistance training.
10. Know at least 5 seated and standing resistance exercises and their modifications.
11. Know at least 5 seated and standing aerobic exercises and their modifications.
12. Know at least 5 seated and standing cool down exercises with variations and modifications.
13. Design a safe and effective exercise program for frail elders and adults with special needs.
14. Progress both standing and seated exercise classes with modifications.
15. Identify 3-5 physiological and psychological benefits of physical activity for older adults.
16. Understand the purpose and know when to obtain medical clearance.
17. Select at least 3-5 pieces of exercise equipment for frail elders and adults with special needs.
18. Identify frail elders and adults with special needs from older adults.

CEC/CEU Test for Exercise for Frail Elders

Please choose the BEST answer for each question

1. What is the initial goal of the fitness leader of frail elders?
   A. To select appropriate exercises
   B. To keep participants coming and increase their physical activity
   C. To establish a profitable program for older adults
   D. To supervise the exercise performance

2. Which of the following is the most important factor in teaching exercise to frail elders and adults with special needs?
   A. Have wheel chairs ready
   B. Know whom to contact for emergencies
   C. Know your audience
   D. Speak loudly and slowly

3. What is the fastest growing segment of the older population?
   A. Baby boomers
   B. People between 45 and 50 years old
   C. People between 50 and 60 years old
   D. People older than 85

4. Which of the following helps determine the ability to age successfully?
   A. Function
   B. Money
   C. Flexibility
   D. Available health care

5. Frailty is defined as which of the following?
   A. Loss of some physical function along with a possible chronic disorder and/or disability
   B. The older segment of the older generation
   C. Reaching the age of 80
D. A chronic disorder and/or disability that affects daily living applied only to very old people

6. What determines the level of frailty?

A. Age  
B. Family involvement  
C. Function  
D. Appearance

7. Which of the following statements regarding frailty is true?

A. All frailty is considered chronic and long term  
B. Frailty can be caused by a chronic disorder combined with another complication factor  
C. All people who reside in nursing homes are considered frail  
D. Frail people should not participate in physical activity

8. ______ has proven to be especially beneficial for ______ elderly people because it reduces the risk of falls.

A. Aerobic training; frail  
B. Balance training; frail  
C. Aerobic training; healthy  
D. Resistance training; frail

9. Which of the following statements is true according to a report of the U. S. Surgeon General (1996), regarding exercise and older adults?

A. Exercise for older frail adults is not recommended due to health risks  
B. To be of benefit, exercise must be vigorous  
C. Moderate exercise can help frail people recapture lost function, functional independence, health, and well-being  
D. Frail older adults can participate in moderate exercise for recreation, but it will not restore lost function or health

10. According to the text what does “special” indicate?

A. That a person who has a special need is considered frail  
B. That the fitness leader will not be able to include that person in a group fitness class  
C. That the fitness leader needs to know the disorder or limitations before initiating exercise for that person  
D. That exercise of any type is not appropriate for that person
11. Which of the following is a medical disorder contributing to frailty?
   A. Malnutrition
   B. Decreased flexibility
   C. Allergies
   D. None of the above

12. Dementia is defined as which of the following?
   A. Loss of muscle strength
   B. Progressive loss of intellectual functioning
   C. Temporary loss of intellectual functioning
   D. Loss of balance and dizziness

13. Alzheimer’s disease is defined as which of the following?
   A. A classification of cardiovascular disease
   B. A type of skin disease
   C. A progressive loss of muscle strength
   D. A classification of dementia

14. Participants with memory loss may have difficulty with which of the following?
   A. Balancing when standing
   B. Doing any type of resistance exercise
   C. Retaining carryover skills from previous classes
   D. Being interested in physical activity

15. Repetition for those with decreased attention span will help with which of the following?
   A. Listening
   B. Seeing
   C. Learning and retention
   D. Balance and walking

16. To avoid over stimulation in individuals with Alzheimer’s and related dementia, the exercise leader should do which of the following?
   A. Hold exercise classes in a loud environment
   B. Post reminders on the wall
   C. Use bright lights
   D. Use easy directions and positive responses
17. In the event of communication difficulties in those with Alzheimer’s and related dementia, the exercise leader should do which of the following?

A. Ask them to repeat what they have said  
B. Introduce an exercise one step at a time with visual and verbal cues  
C. Introduce an exercise two steps at a time with visual cues  
D. Introduce an exercise two steps at a time with verbal cues

18. The focus for those with Alzheimer’s and dementia should be directed towards which of the following?

A. Intact abilities and strengths and what the participant does well  
B. Abilities and strengths that have been lost and need to be developed  
C. New abilities to help in coping with the disease  
D. Improving memory

19. What are the most common types of arthritis?

A. Osteoarthritis and rheumatoid  
B. Progressive and non-progressive  
C. Systolic and diastolic  
D. Inflammatory and non-inflammatory

20. Osteoarthritis is characterized by which of the following?

A. Atrophied joints  
B. Joint pain due to a decrease in articular cartilage  
C. Joint edema due to an increase in articular cartilage  
D. Joint laxity

21. Rheumatoid arthritis is characterized by which of the following?

A. Improved joint laxity  
B. Progressive joint laxity  
C. Acute episodes of joint pain and inflammation  
D. Single joint stiffness without pain

22. Which participant has a greater tendency toward fatigue?

A. The person with rheumatoid arthritis  
B. The person with osteoarthritis  
C. The person with allergies  
D. The person with visual deficits
23. Which of the following is an important component of programming for fibromyalgia?

A. The development of a safe exercise program  
B. Multidisciplinary treatment including physical therapy, relaxation techniques, and lifestyle changes  
C. Participants with fibromyalgia should not exercise  
D. Both A and B

24. When blood flow to the brain is interrupted _____.

A. A heart attack occurs  
B. An asthma attack occurs  
C. Dizziness and loss of balance occurs  
D. A stroke (CVA) occurs

25. When should participants with arthritis take oral pain medications?

A. Approximately 1 hour before exercise  
B. Approximately 4 hours after exercise  
C. Approximately 4 hours before exercise  
D. Two days a week or as prescribed

26. Fatiguing muscles in participants with arthritis can _____.

A. Increase joint strength  
B. Decrease flexibility  
C. Increase joint pain  
D. Decrease joint pain

27. Isometric exercises are only recommended with physician approval because they can _____.

A. Increase joint pain  
B. Increase blood pressure  
C. Decrease blood pressure  
D. Cause joint movement

28. If an exercise causes joint pain longer than 2 hours after exercise class, the exercise leader should do which of the following?

A. Increase program intensity  
B. Increase cardiovascular exercise  
C. Repeat the exercise  
D. Modify or replace the exercise
29. What can a participant do to decrease joint stress?
   A. Decrease body weight
   B. Increase body weight
   C. Increase weight bearing exercise
   D. Start yoga classes

30. Which of the following statements is true regarding participants with arthritis and overstretching?
   A. It can damage supportive ligaments
   B. It can increase the strength of supportive ligaments
   C. It can increase the strength of tendons
   D. It can increase joint stability

31. What should participants who have had a stroke do with their affected arm during exercise?
   A. Let the arm hang by their side
   B. Put the arm behind their back
   C. Place the arm on their lap to protect it
   D. Keep the arm overhead

32. A delayed response to new information may be seen with which of the following?
   A. Participants with rheumatoid arthritis
   B. Participants with COPD
   C. Participants with osteoarthritis
   D. Participants who have had a stroke

33. Exercises that involve both sides of the body ______.
   A. Decrease balance and coordination
   B. Are contraindicated in every person who has had a stroke
   C. Increase balance and coordination
   D. Decrease exercise intensity

34. Which position may increase pressure in the brain?
   A. Lying on the back
   B. Lying on the left side
   C. Lying on the right side
   D. Bending over to touch toes
35. Which exercises could worsen shoulder subluxation?
   A. Isometric exercises
   B. Overhead exercises
   C. Seated exercises
   D. Breathing exercises

36. Participants who have suffered a left sided stroke may have difficulty with ______.
   A. Left sided weakness or paralysis in their arms
   B. Speech and language and difficulty with new tasks
   C. Left sided weakness or paralysis in the legs
   D. Restricted left field vision

37. A ______ stroke occurs when an artery is blocked and no blood can get to a portion of the brain, and can be caused by either a ______ or an ______.
   A. Ischemic; thrombosis; embolism
   B. Hemorrhagic; cerebral hemorrhage; aneurysm
   C. Ischemic; cerebral hemorrhage; aneurysm
   D. Hemorrhagic; thrombosis; embolism

38. COPD includes which of the following pulmonary disorders?
   A. Emphysema, chronic bronchitis, and asthma
   B. Only chronic bronchitis
   C. Only emphysema
   D. Only asthma

39. Which of the following is an exercise benefit for a participant with COPD?
   A. Decreased efficiency in ventilation
   B. Decreased efficiency in cardiovascular function and muscle strength
   C. Increased efficiency in ventilation, cardiovascular function, and muscle strength
   D. Increased efficiency in cardiovascular function

40. Strengthening which muscles makes breathing easier?
   A. Abdomen and legs
   B. Arms and legs
   C. Abdomen and chest
   D. Arms and shoulders
41. Marge has asthma and is having breathing difficulty. What could you offer her to increase her comfort?

   A. A cold drink  
   B. A warm drink  
   C. A cough drop  
   D. Herbal supplements

42. Multiple exercises with weights overhead make breathing more difficult by ______.

   A. Decreasing pressure in the chest and decreasing blood pressure  
   B. Increasing pressure in the chest and increasing blood pressure  
   C. Increasing pressure in the chest and decreasing blood pressure  
   D. Decreasing pressure in the chest and increasing blood pressure

43. Signs and symptoms of distress for participants with CAD include ______.

   A. Chest discomfort, unusual shortness of breath, and abnormal heart rhythm  
   B. Taking deep breaths and closing the eyes  
   C. Normal heart rhythm, dyspnea, and headache  
   D. Sore muscles in the chest

44. What is the purpose of stage 3 cardiac rehabilitation?

   A. Increase basic skills of daily living  
   B. Decrease exercise tolerance and endurance  
   C. Increase exercise endurance and tolerance and decrease risk of subsequent heart attacks  
   D. Decrease exercise intensity and increase exercise time

45. Which of the following statements regarding depression is true?

   A. Depression is not a normal part of the aging process  
   B. Depression is classified as a mood disorder  
   C. Exercise is an excellent intervention for all types of depression  
   D. All of the above are true

46. Regular exercise can reduce the symptoms of depression because it ______.

   A. Increases endorphins and serotonin  
   B. Offers great music for the participants  
   C. Allows the exercise leader to give advice  
   D. Allows the participant to work very hard which helps them sleep
47. Exercise and weight loss is beneficial to the type II diabetic because it _____.

A. Does not effect blood glucose  
B. Has an insulin like effect and helps improve blood glucose control  
C. Helps increase levels of LDL cholesterol  
D. Helps improve blood glucose level by its mood enhancing effect

48. Blood glucose below 70 milligrams per deciliter before exercise indicates that the participant should _____ before any physical activity.

A. Eat a protein rich meal  
B. Eat a carbohydrate snack  
C. Drink a full glass of water  
D. Take a nap

49. Which type of carbohydrate should be eaten with increased physical activity?

A. Simple carbohydrates  
B. Brown carbohydrates  
C. White carbohydrates  
D. Complex carbohydrates

50. What type of carbohydrate does a hypoglycemic person need?

A. Complex carbohydrates  
B. Brown carbohydrates  
C. White carbohydrates  
D. Simple carbohydrates

51. What is the most important information to obtain from participants who have had a hip or knee replacement?

A. The day surgery was performed  
B. How long since surgery  
C. The physician’s name who performed surgery  
D. How much blood was lost in surgery

52. What motions should be avoided to prevent a hip dislocation?

A. Hip flexion exercises  
B. Hip flexion greater than 120 degrees, hip abduction, and no crossing of the legs
C. Hip flexion greater than 90 degrees, internal hip rotation, and no crossing of the legs
D. Knee extension exercises

53. Hypertensive participants can prevent increasing their blood pressure by ______.
   A. Doing high intensity aerobic exercises
   B. Holding their breath while exercising
   C. Avoiding continuous overhead work with or without weights
   D. Taking few rest periods in order to increase endurance

54. Isometric exercises are avoided in those with hypertension because ______.
   A. They increase blood pressure
   B. They are too difficult
   C. They are too easy
   D. They don’t work

55. What is one known risk factor for hypertension?
   A. Inactivity
   B. Increased activity
   C. Being underweight
   D. Normal blood glucose

56. What environments should be avoided in participants with multiple sclerosis?
   A. Hot
   B. Noisy
   C. Loud
   D. Dark

57. Participants with multiple sclerosis and limited energy should use which of the following techniques to conserve energy?
   A. Do all activities without a break
   B. Only exercise one day a week
   C. Only do breathing exercises
   D. Prioritize physical activities

58. Multiple sclerosis is a progressive and degenerative disorder that affects the ______.
   A. Muscular system
B. Peripheral nervous system
C. Respiratory system
D. Central nervous system

59. **What technique can be utilized by the exercise leader to alleviate some tremors in those with multiple sclerosis?**

A. Do exercise movements quickly
B. Instruct participants to keep arms close at sides
C. Instruct participants to keep arms overhead
D. Stop exercising immediately

60. **What type of exercise should be avoided in participants with osteoporosis?**

A. Seated resistance exercises
B. Exercises that increase spinal flexion
C. Exercises that bring the shoulders back and expand the chest
D. Breathing exercises

61. **Increased spinal flexion in those with osteoporosis can do which of the following?**

A. Decrease risk of vertebral fracture
B. Decrease pain
C. Prevent the progression of osteoporosis
D. Increase the risk of vertebral fracture

62. **What types of exercises are encouraging for someone with kyphosis?**

A. Exercises that bring shoulders forward and close to the chest
B. Exercises that bring shoulders back, expand the chest, and enhance exerciser’s ability to stand straighter
C. Exercises that involve spinal flexion
D. Exercises that involve leaning forward over the knees

63. **The precursor to osteoporosis is ______, which involves some degree of lowered bone mass.**

A. Osteopenia
B. Myopenia
C. Kyphosis
D. Mineral deficiency

64. **Which body part should not be overloaded in someone with osteoporosis?**

A. The thighs
B. The legs  
C. The back  
D. The shoulders

65. In Parkinson’s disease, the neurotransmitter _____ is significantly reduced or destroyed.

A. Dopamine  
B. Adrenaline  
C. Insulin  
D. Noradrenaline

66. Some of the symptoms of Parkinson’s disease are resting tremors, slow movements known as _____, uncontrolled movements known as _____, postural instability, involuntary cessation of movement known as _____, and gait disorders.

A. Dyskinesia; bradykinesia; freezing  
B. Bradykinesia, dyskinesia; freezing  
C. Freezing; bradykinesia; dyskinesia  
D. Bradykinesia; freezing; dyskinesia

67. What techniques can be used to help improve walking for a person with Parkinson’s disease and postural instability?

A. Encourage the person to walk with larger steps and slide their feet across the floor with each step  
B. Encourage the person to walk with smaller steps and lift their feet off the floor with each step  
C. Encourage the person to walk with larger steps and lift their feet off the floor with each step  
D. Encourage the person to walk with smaller steps and slide their feet across the floor with each step

68. What precautions should be taken with participants with Glaucoma?

A. Perform exercises that increase blood flow to the eyes  
B. Dim the lights in the workout area  
C. Exercise with the eyes closed  
D. Avoid positions that increase blood flow to or fluid in the eyes

69. Which of the following will help prevent over stimulation for persons with traumatic brain injury during an exercise class?

A. Perform exercise class in a bright environment  
B. Balance active and passive behaviors  
C. Perform exercise class in a noisy environment
D. Avoid deep breathing exercises

70. What situation should be avoided in a traumatic brain injury participant that has frustration with potential for aggression?

A. Over challenging the participant
B. Cardiovascular exercise of any type
C. Flexibility exercise of any type
D. Allowing the participant to perform simple steps

71. What are two of the greatest benefits and goals of exercise for frail elders and adults with special needs?

A. Promoting dependence and increasing function
B. Developing social opportunities
C. Promoting independence and maintaining or improving function
D. Promoting metabolism and increasing function

72. What are some of the fears of frail elders?

A. Failing, falling, and looking foolish
B. Not being respected by the fitness leader
C. Losing too much weight
D. Developing big, bulky muscles

73. Which of the following exercises or exercise combinations should be avoided?

A. Resistance exercise with exercises that turn or bend the spine
B. Keeping one foot on the ground during seated exercises
C. Exercises that avoid overhead movements and holding the arms overhead
D. None of the above should be avoided

74. Which of the following exercises are considered unsafe?

A. Continuous breathing during exercise
B. Placing the hands on the knees for support during leaning or forward bending exercises when seated
C. Full neck rotations
D. Taking water breaks during class

75. How can safety be maximized while standing?

A. Stand close to a wall in case of balance loss
B. Hold on to something unsteady
C. Keep the arms outstretched for balance
D. Hold on to something steady or hold on to a wall

76. Which of the following symptoms require immediate medical attention?

A. Seizures
B. Severe headaches
C. Slurred speech
D. All of the above

77. Which of the following signs are characteristic of bad sensation or pain?

A. Dull soreness in the muscle
B. Sharp pain that continues to hurt after exercise
C. Muscle fatigue that results in muscle soreness
D. Soreness that is relieved after exercise stops

78. The acronym “PRICE” stands for which of the following?

A. Protect from further injury, rest, ice, compression, and elevation
B. Prevent, rest, ice, compression, and elevation
C. Passive exercise, rest, ice, compression, and elevation
D. Practice, running, ice, cardio, and exercise

79. Where should participants feel the exercise?

A. In the joint
B. In the feet
C. In the muscle
D. They should never feel the exercise

80. To ensure safety in large groups, where should weights be stored?

A. In overhead racks on the wall
B. Next to the participants
C. On a cart and distributed when appropriate
D. Under the participant’s feet

81. The warm up phase should be ______.

A. Less than 10 minutes
B. Less than 5 minutes
C. Optional
D. Greater than or equal to 10 minutes
82. What intensity should the aerobics segment be?

A. “Somewhat hard”
B. “Very light”
C. “Very, very light”
D. “Very, very hard”

83. What intensity should the resistance segment be initially?

A. “Very hard”
B. “Very light to light”
C. “Light”
D. “Somewhat hard”

84. Common challenges requiring sensitivity and understanding include which of the following?

A. Decreased strength
B. Confusion and a lack of response
C. Increased response time
D. A lack of confusion

85. George’s right hand grip strength has been weak since his stroke. What household item can be used to increase hand strength?

A. A broomstick
B. A paper towel roll
C. A sponge to squeeze and grip
D. A manual can opener

86. When setting up the chairs for an exercise class, the exercise leader should ______.

A. Use chairs without arms unless a participant has balance problems and feels more secure in chairs with arms
B. Always use chairs without arms to make the exercises harder
C. Transfer wheelchair participants into chairs for class
D. Arrange the chairs so that participants face windows and sunlight

87. The room set up should allow for participants ______.

A. To have their backs to the sun or window
B. To focus on the exercise leader
C. To have no visual feedback  
D. Both A and B

88. Which technique is useful to promote balance?

A. Focus on an object on the ceiling  
B. Focus on an object at or about eye level  
C. Focus on an object on the toes  
D. Close one eye

89. Socks or gloves filled with rice or sand can be _____.

A. Used to help increase flexibility  
B. Used for support  
C. Used as a substitute for weights  
D. Used to help increase range of motion

90. What are some disadvantages to using music?

A. It adds variety  
B. It motivates participants  
C. It can be distracting  
D. It can be enjoyable

91. What is the benefit to introducing new types of music?

A. To help participants feel more a part of today’s world  
B. To entertain and motivate the exercise leader  
C. To motivate the participants to work harder  
D. To keep participants from getting bored

92. When is a good opportunity to provide participant education?

A. During special educational classes or seminars  
B. As a lecture before class starts  
C. At the welcome or opening and at the cool down or closing section of class  
D. During the cool down period only

93. What is the first step in the 3 step instructional process?

A. Evaluation  
B. Positive feedback  
C. Observation  
D. Demonstration
94. What are the ABC’s of step 1 of the 3 step instructional process?

A. Activity, breathing, and control
B. Activity, breathing, and counting
C. Action, breathing, and control
D. Action, breathing, and counting

95. What types of feedback are used in step 3?

A. Verbal only
B. Verbal, visual nonverbal, and physical nonverbal
C. Nonverbal only
D. Visual nonverbal only

96. Critical checkpoints are ______.

A. The start/finish position and highlights of the movement phase
B. The finish position only
C. The start position only
D. Irrelevant to the movement phase

97. Observation and evaluation occurs in ______.

A. Steps 1 and 2
B. Step 1
C. Step 2
D. Step 3

98. What are the focal points of step 2?

A. Individual needs only
B. Exercise technique only
C. Safety precautions, exercise technique, and each individual’s needs
D. Breathing and other safety tips

99. Verbal and nonverbal cues are used with ______.

A. Participants with aphasia
B. The hearing impaired
C. Participants with dementia only
D. Participants with global aphasia only
100. Expressive aphasia is defined as ______.
A. Understanding but unable to express oneself
B. A lack of creative expression
C. A lack of artistic expression
D. An inability to understand

101. Individuals who cannot understand or interpret information have:
A. Poor balance
B. Expressive aphasia
C. Receptive aphasia
D. Global aphasia

102. Henry needs a multisensory approach to best comprehend information due to a decreased ability to interpret, understand, and express information. He likely has ______.
A. Confusion
B. Dementia
C. Global aphasia
D. Impaired balance

103. Which of the following leadership strategies can be incorporated when using a nonverbal and multisensory approach to help participants understand and learn better?
A. Use facial expressions only
B. Use nonverbal cues only
C. Add nonverbal cues and facial expressions
D. Speak to participants in a formal, businesslike manner

104. Cognitive losses may require which of the following leadership strategies?
A. Keeping directions simple
B. Using a dark environment for exercise class
C. Using only a few noncolorful props
D. Avoiding direct eye contact

105. What strategies can be utilized to increase the ability to understand and follow instructions and exercises?
A. Use complex exercises to teach new skills
B. Breakdown instructions and exercises into smaller steps
C. Teach a new skill each class rather than repeating learned skills
D. Explain directions using as many words as necessary to avoid repeating

106. **The most noticeable sensory losses affect ______.**

A. Touch
B. Sight and hearing
C. Hearing only
D. Sight only

107. **What creative activity can be used to perform breathing exercises?**

A. Blowing on pinwheels
B. Swirling scarves
C. Resistance bands
D. Touching the chest

108. **General feedback is used for ______.**

A. Dementia participants only
B. Alzheimer's participants only
C. Parkinson's participants only
D. The entire class

109. **Why is the signal to end class important?**

A. It gives the class a signal it is time to slow down
B. It allows participants to say goodbye to the group
C. It helps hearing impaired participants know the class is over
D. It provides structure for those with sensory or cognitive losses

110. **What group are basic seated exercises ideal for?**

A. Exercisers who are easily embarrassed
B. Beginning exercisers, those in wheel chairs, or those at fall risk
C. Visually impaired exercisers
D. The hearing impaired exercisers

111. **Chairs without arms are preferable in order to ______.**

A. Allow for greater range of motion
B. To save space
C. Allow for more physical contact among participants
D. Allow for ease in stacking and storing
112. Which exercises offer the greatest benefits for functional mobility and increased independence?

A. Seated exercises  
B. Stability ball exercises  
C. Standing exercises  
D. Pilates exercises

113. Alternating upper extremity and lower extremity exercises serves to do which of the following?

A. Cause fatigue  
B. Decrease variety  
C. Prevent fatigue and add variety  
D. Entertain the participants

114. Which of the following statements regarding the warm up period is true?

A. Remind the class that a warm up is not for fun, but for safety  
B. If a participant comes to class they can shorten or skip a warm up  
C. Warm up the back using side bends and twists  
D. The warm up should always be at least 10 minutes

115. How should the back be warmed up to ensure safety?

A. On a stability ball  
B. Vertical before twisting or bending sideways  
C. In a supine position  
D. Seated in a high back chair

116. Which type of warm up exercises should be used for individuals with decreased range of motion?

A. A warm up that includes exercises that focus on mild ROM exercises  
B. A warm up that includes exercises that hyperextend the joints  
C. A warm up using plyometric exercises  
D. A warm up using exercises that involve rapid movement

117. The added benefit of the warm up is important for those with arthritis because ______.

A. It allows less time for stiffness to increase  
B. It prepares for vigorous exercise

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C. It allows more time to perform multiple ROM exercises for inflamed joints
D. It allows more time to decrease stiffness and prepare for more vigorous exercise

118. What exercises are permitted when arthritic joints are inflamed?

A. 50 fast range of motion exercises
B. Range of motion exercise that forces full ROM for each joint
C. 1 – 2 slow, gentle range of motion exercises
D. Aggressive range of motion exercises

119. During the warm up period of your group exercise class for stroke participants you should perform which of the following?

A. 3 – 5 reps of each range of motion exercise
B. 10 reps of only 1 range of motion exercise
C. Complete neck rolls and side bends
D. Any of the above

120. Which of the following statements is true regarding why participants with COPD need a thorough warm up?

A. COPD participants need to warm up to compensate for neurological deficits
B. COPD participants’ respiratory and cardiovascular systems need increased time to adapt to changes in physical exertion
C. COPD participants are not able to stand erect without a warm up
D. COPD participants need a warm up to rapidly increase their rate of breathing before exercising

121. Which exercises cause shortness of breath sooner?

A. Leg range of motion exercises
B. Arm range of motion exercises
C. Arm and leg range of motion exercises
D. None of the above

122. Name 2 types of breathing techniques used with COPD.

A. Open mouth breathing
B. Deep and open mouth breathing
C. Diaphragmatic breathing
D. Diaphragmatic and pursed lip breathing

123. How long should exhalation take with pursed lip breathing?

A. 5 times as long as the inhalation
B. 2 – 3 times as long as the inhalation
C. 10 times as long as the inhalation
124. **What purpose does the warm up serve for those with heart disease?**

A. To entertain and have fun  
B. To increase myocardial workload and oxygen requirements, and decrease blood flow to the heart  
C. To decrease myocardial workload and oxygen requirements, and enhance blood flow to the heart  
D. To decrease breathing rate

125. **After a hip fracture or replacement, what ROM goal is desired?**

A. To maintain range of motion and muscle control achieved in physical therapy  
B. To achieve 90 degrees or more of hip flexion  
C. To be able to cross one leg over the other  
D. To have a decrease in range of motion by only 10% after physical therapy

126. **Which participants should avoid neck ROM exercises?**

A. Those with neck control difficulty  
B. Those with osteoporosis  
C. Those with spinal stenosis  
D. COPD participants

127. **Which of the following statements is true regarding why a warm up is essential before a workout?**

A. A warm up increases blood flow to the exercising muscles  
B. A warm up raises deep muscle temperature  
C. A warm up increases joint ROM and function  
D. All of the above are true

128. **What is performed first during the warm up?**

A. Joint range of motion  
B. Stretching  
C. Two-part deep breathing  
D. Posture awareness

129. **To increase posture awareness during exercise class, participants should _____.

A. Scoot their buttocks to the front of their chair when they get tired  
B. Hold their body in a rigid or static posture  
C. Tell the participant and not to slump in their chair
D. Sit erect without using a chair back for as long as possible

130. Range of motion exercise repetitions are performed ______.
   A. About 10 seconds in all directions
   B. About 15 seconds in one direction
   C. 1 second in each direction
   D. Fast in all directions

131. Resistance exercise speed is ______.
   A. 10 seconds in 1 direction
   B. 3 seconds in each direction
   C. 5 seconds in one direction
   D. 5 seconds in each direction

132. ROM exercises should be performed ______.
   A. Using light weights or bands
   B. In a seated position only
   C. Without using any dumbbells or resistance props
   D. With rest periods after each ROM exercise

133. To ensure safety, where should the legs be during exercise?
   A. Lifted off the floor
   B. With the feet on balance discs
   C. With the feet on wobble boards
   D. One foot always firmly planted on the floor

134. To make the warm up more effective ______.
   A. Include more exercises that use larger muscles
   B. Do upper and lower body ROM exercises together
   C. Do upper body exercises only
   D. Both A and B

135. Which of the following statements is true regarding stretching?
   A. Do stretching at the end of the warm up
   B. Do a longer set of stretches during warm up than during cool down
   C. Stretch all muscle groups whether they are warmed up or not
   D. Warm up stretching is intended to promote flexibility
136. **How long should warm up stretches be held?**

A. 60 seconds  
B. 10 seconds  
C. 10 minutes  
D. 45 seconds

137. **Cool down stretches are held for _____.**

A. 60 seconds  
B. 5 – 10 seconds  
C. 15 – 30 seconds  
D. 90 seconds

138. **What is the primary objective of posture exercises?**

A. To decrease the natural curves of the spine  
B. To increase the natural curves of the spine  
C. To find the natural curves of the spine  
D. To increase strength

139. **Using good seated posture, the bottom of the chin is positioned _____.**

A. Perpendicular to the floor  
B. In a tucked position  
C. Towards the ceiling  
D. Parallel to the floor

140. **Slumping and flattening of the lumbar curve usually occurs _____.**

A. While leaning against the back of the chair  
B. While standing against the back of the chair  
C. While standing against a wall  
D. While standing with erect posture

141. **What technique can be used to increase good seated posture?**

A. Place a rolled towel behind the lumbar spine  
B. Place a rolled towel under the feet  
C. Place a rolled towel under the hips  
D. Place a rolled towel under the knees
142. **How big should the lumbar roll be?**
   
   A. 8 inches thick to support the natural curve  
   B. 10 inches thick to support the natural curve  
   C. 3 inches thick to support the natural curve  
   D. 1 inch thick to support the natural curve

143. **What is the general order for seated ROM exercises?**
   
   A. Up, down, circular and sideward  
   B. Backward and sideward  
   C. Up, circular, down, forward, and backward  
   D. Up, down, forward, backward, sideward, and circular

144. **How can group exercise leaders vary ROM?**
   
   A. Progress from larger to smaller movement  
   B. Use dumbbells or other resistance props  
   C. Progress from small to larger movement, vary rate, rhythm and use music  
   D. Use music and dumbbells

145. **How can the seated out-and-in leg march be varied?**
   
   A. Swing arms while marching  
   B. Change the music  
   C. Lift legs slightly and progress to higher movements  
   D. Both A and C

146. **Where should palms be when leaning forward in the seated torso rotation?**
   
   A. On the thighs  
   B. On the hips  
   C. On the sides of the chair  
   D. Hanging down by sides and facing forward

147. **What modification can be made to the seated twist if the shoulders get tired?**
   
   A. Elevate shoulders while to twisting  
   B. Lower elbows down  
   C. Increase speed of twists  
   D. Twist the head and neck in opposite direction to the torso
148. To release residual stiffness when performing the seated arm swing, ______.
   A. Hold arms still before performing arm swings
   B. Perform 15 to 20 repetitions
   C. Shake arms before performing arm swings
   D. Shake arms after performing arm swings

149. When performing shoulder rotations, what should be focused on?
   A. Lifting and opening the chest while rotating the shoulders
   B. Keeping the chin in the correct position
   C. Keeping the circles the same size
   D. Making sure the elbows stay out to the sides

150. In which direction should the elbows move during seated rowing?
   A. Straight back
   B. To the left
   C. To the right
   D. Overhead

151. Which of the following statements regarding safety precautions for aerobics is NOT true?
   A. Only low impact activity should be done
   B. Competition should be encouraged among participants in order to see improvements in cardiovascular endurance
   C. If a participant has missed several aerobic class sessions, they should start back training at a RPE of 12 or less
   D. Do not use weight or any other type of resistance equipment during aerobic classes

152. Training at an intensity of ______ or ______ is a suitable range for improving health and fitness in the elderly.
   A. 9 to 11; very light to light
   B. 12 to 14; somewhat hard
   C. 13 to 15; somewhat hard to hard
   D. None of the above
153. The basic seated aerobic exercises are ______ which should be taught first, and then add the corresponding ______ as participants grow stronger.

A. 15 lower body seated exercises; upper body exercises  
B. 10 upper body seated exercises; lower body exercises  
C. 10 lower body exercises; upper body exercises  
D. 15 upper body exercises; lower body exercises

154. Which of the following participants should NOT progress to standing aerobic exercise?

A. Those who can see  
B. Those who are not frail or at high risk of falling  
C. Those who can perform seated combinations of lower and upper body movements well  
D. Those who can walk with a cane for assistance

155. Which of the following is a valid progression to add on to the seated walking in place exercise?

A. Walking on toes  
B. Marching in place with the feet hitting the floor hard  
C. Adding alternate arm swings  
D. Raising arms overhead with each step

156. When performing the seated or standing alternate leg kick exercise, the participant should ______.

A. Perform a jumping version of this exercise  
B. Avoid flinging the legs during knee extension  
C. Lock the knee of the lifted leg  
D. Lift the extended leg as high as possible when standing

157. Which of the following statements regarding resistance exercise for the elderly or those with special needs is NOT true?

A. Seated and standing resistance exercises can be taught together in the same class  
B. Do not use hand held weights with participants with Alzheimer’s disease  
C. Cardiac patients with uncontrolled hypertension or arrhythmias, symptomatic heart failure, severe valvular disease, or unstable symptoms should not do resistance training  
D. All of the above are true
158. Isometric exercises should only be done when working _____ with participants without ______.

A. One-on-one; arthritis
B. With a small group; hypertension
C. One-on-one; hypertension
D. With a small group; arthritis

159. The recommended frequency for resistance training for older adults is _____.

A. Two to three times per week, on nonconsecutive days, for a full body workout
B. One day a week to begin, progressing to two days a week
C. Four days per week working the lower body two days and the upper body two days
D. One day per week increasing the sets, repetitions, and weight when appropriate

160. When doing weight training, encourage the participants to _____ to prevent breath holding.

A. Practice pursed lip breathing
B. Count aloud with each repetition
C. Practice diaphragmatic breathing
D. Breath in as the weight is lifted and breath out as the weight is returned to its starting position

161. The technique called _____ can be used for older adults with a low level of fitness who are just beginning a weight training program.

A. Pseudo-weight lifting
B. Modified weight lifting
C. Isometric exercise
D. Body weight exercise

162. The primary reason that the most important exercise progression for elderly participants is to standing exercises is because ______.

A. It helps improve balance more than seated exercise
B. It provides more options for variations in the types of exercises that can be done
C. It offers the greatest benefits in functional mobility and increased independence
D. It helps improve strength for frail participants with osteoporosis
163. If a participant has balance problems and they are doing modified chair stands, they should ______.

A. Be spotted for safety  
B. Lean forward from the waist and push off the thighs with their hands to stand  
C. Lift the shoulders when performing the exercise  
D. Round the shoulders forward to be able to push off the thighs

164. Which of the following is NOT a valid safety tip when performing the leg extension exercise?

A. When using leg weights, do not extend the knee through the full range of motion  
B. When seated, scoot the buttocks to the front of the chair  
C. When standing, the working thigh can be raised less than 90 degrees  
D. All of the above are valid

165. At least ______ should be left at the end of a class for a cool down.

A. 20 minutes  
B. 15 minutes  
C. 10 minutes  
D. 5 minutes

166. For participants who have had a stroke, it is recommended that neck stretches be held for no longer than ______, and no longer than ______ for all elderly participants.

A. 5 seconds; 10 seconds  
B. 2 to 3 seconds; 10 seconds  
C. 2 to 3 seconds; 5 seconds  
D. 3 to 5 seconds; 10 seconds

167. It is recommended that older adults do ______ stretching over ______ stretching.

A. Functional; static  
B. Static; ballistic  
C. Ballistic; static  
D. Functional; ballistic

168. Except for neck stretches, each stretch should be held for ______.

A. 10 to 30 seconds
B. 5 to 10 seconds  
C. 20 to 40 seconds  
D. 60 seconds  

169. Which of the following exercises is recommended to stretch the back?

A. Seated or standing chin to chest stretch  
B. Seated or standing swan stretch  
C. Seated or standing half hug stretch  
D. Seated or standing zipper stretch  

170. When performing the deep breathing exercise, a deep breath should be taken in for a _____, held for a _____, and exhaled for a _____.

A. Count of 8 to 12; count of 5; count of 8 to 12  
B. Count of 12 to 15; count of 5; count of 12 to 15  
C. Count of 4 to 6; count of 1; count of 4 to 6  
D. Count of 4 to 8; count 1; count of 4 to 8  

171. Which of the following is not recommended when doing the seated tib touches exercise?

A. Round the shoulders forward for a better stretch  
B. Move the head, neck, and spine as one unit  
C. Maintain a neutral spine  
D. Rest one palm on the thigh when leaning forward from the hips  

172. A comprehensive fitness class includes which of the following components in one class?

A. A warm up and cool down  
B. Aerobics  
C. Resistance and balance exercises  
D. All of the above  

173. Which of the following statements regarding the guidelines for using seated exercise over standing exercise is NOT true?

A. Use seated when performing upper body exercises that use both arms at the same time  
B. Use seated when the participant has not received medical clearance for standing  
C. Use seated when the participant has become proficient and feels successful  
D. Use seated if the participant has balance problems or a risk of falling
174. Which of the following is NOT a valid way to modify an exercise for a participant?

A. Decrease the speed of the movement
B. Increase the workload
C. Adjust the exercise technique
D. Adjust the body position

175. The K.I.S.S.S. principle, which should be used as a guideline for progression of an exercise class, stands for which of the following?

A. Keep it simple, straightforward, and slowly progress
B. Keep it simple, safe, and slowly progress
C. Keep it simple, seated, and slowly progress
D. Keep it safe, slow, and slowly progress