

Chapter 2: PTA: Prevention, Health, and Wellness

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- ___ 1. The term that best describes a state of good health often achieved through healthy lifestyle choices is which of the following?
- A. Fitness
 - B. Wellness
 - C. Health
 - D. Health promotion
- ___ 2. A type of prevention program that aims to prevent falls in a frail elderly population would be an example of which type of prevention?
- A. Primary
 - B. Secondary
 - C. Tertiary
 - D. None of these
- ___ 3. A type of prevention program that promotes aerobic fitness for a group of individuals with chronic obstructive pulmonary disease would be which type of prevention?
- A. Primary
 - B. Secondary
 - C. Tertiary
 - D. None of these
- ___ 4. Logistics to consider in early development of a prevention program would include any of the following *except*:
- A. Contacting the target audience or specific population.
 - B. Securing a location for the program.
 - C. Developing a budget.
 - D. Determining how many people can attend based on space.
- ___ 5. Evaluating the results of a health promotion program can include any of the following *except*:
- A. Ask for feedback on what could be done to improve the program.
 - B. Ask participants to evaluate the exercise portion of the program.
 - C. Record baseline data during and at the end of the program.
 - D. Ask the participants for names of friends or relatives who would benefit from participation in the program.
- ___ 6. Positive attributes that contribute to adherence to an exercise program include all of the following *except*:
- A. Effective leadership.
 - B. Routine exercise programs.
 - C. Regular updates on progress.
 - D. Family support of program participation.
- ___ 7. Which of the following suggestions is *not* useful in creating handouts for older adults?

- A. Large print
- B. Limit medical terminology
- C. Include as much theoretical detail as possible
- D. Include pictures of exercises

- ___ 8. Motivation is how we move ourselves or others to act. All of the following are dimensions of motivation *except*:
- A. Emotional: fear of failure.
 - B. Performance: low failure and high successes.
 - C. Task: performance knowledge and feedback.
 - D. Intrinsic: the ability to learn the task.
- ___ 9. The behavioral change theory that focuses on the belief system of an individual is which of the following?
- A. Health belief model
 - B. Transtheoretical model
 - C. Social cognitive theory
 - D. Hierarchical theory
- ___ 10. A cited study in chapter 2 surveyed residents in long-term care about barriers to physical activity. The author recommended:
- A. Reducing physical activity in this elderly population to prevent injury from falls.
 - B. Educating the residents on ways to avoid cardiac stress.
 - C. Reducing further decline in function and mobility by interventions that reduce the barriers and increase physical activities.
 - D. Incorporating motivational interventions and alternative medicine approaches to reduce fear of falls and injury during ADLs.

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Answer Section

MULTIPLE CHOICE

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|------------|--------|-------------------|--|
| 1. ANS: B | PTS: 1 | DIF: Basic | KEY: Book Part: Part I: General Concepts |
| 2. ANS: A | PTS: 1 | DIF: Intermediate | KEY: Book Part: Part I: General Concepts |
| 3. ANS: C | PTS: 1 | DIF: Difficult | KEY: Book Part: Part I: General Concepts |
| 4. ANS: A | PTS: 1 | DIF: Intermediate | KEY: Book Part: Part I: General Concepts |
| 5. ANS: D | PTS: 1 | DIF: Basic | KEY: Book Part: Part I: General Concepts |
| 6. ANS: B | PTS: 1 | DIF: Basic | KEY: Book Part: Part I: General Concepts |
| 7. ANS: C | PTS: 1 | DIF: Basic | KEY: Book Part: Part I: General Concepts |
| 8. ANS: A | PTS: 1 | DIF: Intermediate | KEY: Book Part: Part I: General Concepts |
| 9. ANS: C | PTS: 1 | DIF: Intermediate | KEY: Book Part: Part I: General Concepts |
| 10. ANS: C | PTS: 1 | DIF: Difficult | KEY: Book Part: Part I: General Concepts |