

# **Able Bodies** **Balance Training**

**CORRESPONDENCE EDUCATION PROGRAM #145**

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## *Able Bodies Balance Training* Course Objectives

**After completing the Able Bodies Balance Training course, the participant will:**

1. Gain knowledge in the ABLE Bodies Balance Training program and its components
2. Learn the importance of medical clearances and medical histories,
3. Gather suggestions and information on inexpensive equipment appropriate for the class
4. Know how to plan for class size and location
5. Understand how flexibility, posture, core stability, strength, balance, mobility and cardio can all enhance the balance training program
6. Gain information on how to set up and design a solid and creative program
7. Understand the importance of safety guidelines with older adults and the frail, and how to properly implement these guidelines
8. Create a toolbox of exercises incorporating flexibility, stability, strength, core, and mobility
9. Modify exercises based on the participants' abilities
10. Learn how to progress clients in a safe manner
11. Understand how to properly format a class for all levels and learning abilities



*Able Bodies Balance Training*  
Course Examination

**For each of the following questions, circle the letter of the answer that best answers the question.**

1. What is the term given for incorporating different types of activities into one comprehensive program?
  - A. Multiplanar
  - B. Multidimensional
  - C. Multimodal
  - D. Composite training
  
2. Which of the following is not considered to be a component of ABLE Bodies Balance Training?
  - A. Mobility
  - B. Strength
  - C. Flexibility
  - D. Agility
  
3. What is considered to be the cornerstone of ABLE Bodies?
  - A. Mobility
  - B. Strength with purpose
  - C. Appropriate flexibility
  - D. Agility with purpose
  
4. American College of Sports Medicine (ACSM) states that for frail adults:
  - A. Strength training should be limited to 1x per week
  - B. Strength training should come before cardio
  - C. Cardio exercises should not be performed for longer than 5 minutes initially
  - D. They should not get out of their chairs
  
5. According to ACSM, stamina may require both:
  - A. Cardiorespiratory endurance and strength
  - B. Strength and muscular endurance
  - C. Strength and balance
  - D. Muscular endurance and balance
  
6. Which component of balance cannot be improved with fitness?
  - A. Vestibular function
  - B. Visual function
  - C. Somatosensory function
  - D. Proprioceptive function

7. All of the following are ways to profile your client EXCEPT:
  - A. Medical clearance
  - B. Watch and observe your client
  - C. Listen to your client
  - D. Use you common sense
  
8. Which is not a factor in helping you to determine whether you should test or not test a participant?
  - A. Time available
  - B. Location of test
  - C. Qualifications of the person giving the test
  - D. Ability to interpret the results
  
9. What is the best reason to test a client?
  - A. To determine mental abilities
  - B. To determine medical abilities
  - C. To find a baseline
  - D. To celebrate progress
  
10. What does "closely supervised" mean?
  - A. You are using a gait belt and holding onto the client
  - B. You are near your client if they are more than an arm's length away from a chair
  - C. They are seated during the entire class
  - D. A qualified instructor is in the room anytime the client is exercising
  
11. Clients living in retirement communities should be able to:
  - A. Participate in a class 45-60 minutes in length
  - B. Stand for only one third of the class and sit for the rest
  - C. Participate in a class for a maximum of 45 minutes
  - D. Stand for the exercise portion for only 5-25% of the full class
  
12. Which is the correct order for exercise classes for frail adults?
  - A. Flexibility, core, strength, balance, cardio
  - B. Core, balance, flexibility, strength, cardio
  - C. Core, balance, flexibility, cardio, strength
  - D. Balance, core, cardio, strength, flexibility
  
13. Which is not a key area to stretch for the ribs and spine?
  - A. Gentlemen's Bow
  - B. Sunbursts
  - C. Inside-Out Arms
  - D. Supple Spine
  
14. How many exercises for the legs should be emphasized?
  - A. 2-3
  - B. 1-2
  - C. 3-5
  - D. 4-6
  
15. What muscular imbalance can cause older adults to lean forward?
  - A. Forward head
  - B. Tight lower back
  - C. Tight hamstrings
  - D. Tight hip flexors

16. According to ABLE Bodies, when should biceps be strengthened?
  - A. Every day
  - B. While doing certain back exercises
  - C. When doing tricep exercises
  - D. When doing cardio exercises
17. When selecting cardiorespiratory activities, option 2 is best for:
  - A. Those wanting a separate cardio class from strength classes
  - B. Those without arthritis
  - C. Those without gait issues
  - D. shorter aerobic sessions of 3-5 minutes
18. When progressing activities, it is best to add posture exercises:
  - A. Over the next 3-6 weeks
  - B. During the first 1-2 weeks
  - C. Once the client is able to perform 20 minutes of cardio continuously
  - D. Weeks 3-8
19. In weeks 5-8 the next group of exercises to add are:
  - A. Flexibility exercises for posture
  - B. Mobility exercises for movement
  - C. Strengthening exercises for posture
  - D. Balance exercises for stamina
20. When progressing flexibility activities, cue participants to do all of the following EXCEPT:
  - A. Use deep breathing
  - B. Move rapidly
  - C. Draw the abs in
  - D. Focus on where they feel the stretch
21. Proper progression from stretching while seated to standing is:
  - A. Add all standing stretches one day per week
  - B. Once participants can hold good posture for the entire class, they are ready to progress to all stretches standing
  - C. Work on balance for 1-2 weeks before standing
  - D. Start with 1-2 standing stretches
22. Who should not perform seated rotating movements for core and posture?
  - A. Those with osteoarthritis
  - B. Those with osteoporosis
  - C. Those with poor balance
  - D. Those with dementia
23. How many repetitions for strength are appropriate for ABLE Bodies participants?
  - A. 10-15 for frail adults
  - B. 15-20 for all
  - C. 8-15 for frail adults
  - D. 6-8 for all
24. What is the proper intensity for strength training exercises?
  - A. To muscular fatigue
  - B. To volitional fatigue
  - C. To mild discomfort
  - D. To max

25. What is the most important factor to consider when working with older adults for strength?
- A. Repetitions
  - B. Good form
  - C. Weight lifted
  - D. Psychosocial benefits
26. How long does it typically take to see improvements in strength for this population?
- A. 3-4 months
  - B. 1-2 months
  - C. 2-4 weeks
  - D. 6 months or longer
27. Which of the following is not considered a leg exercise for a beginner?
- A. Kayaking
  - B. Heel drags
  - C. Seated toe raises
  - D. Teeter-Totter Chair Stands
28. When should you consider adding ADLs into the program?
- A. 2 weeks into the beginner level
  - B. At the intermediate level
  - C. At the start of the beginner level
  - D. At the advanced level
29. What is the ACSM's position stand on balance activities?
- A. Progressive activities that limit or eliminate dynamic activities
  - B. Specific exercises to work on balance
  - C. They are standards that must be followed
  - D. They are only guidelines
30. Which is not a characteristic of a dual-task?
- A. Cognitive tasks meant to be distracting
  - B. Verbal tasks meant to be distracting
  - C. Sitting exercises meant to be distracting
  - D. Motor tasks meant to be distracting
31. What is the most powerful tool to help participants learn to utilize more paths in processing activities and remembering activities that are similar?
- A. Repetition
  - B. Entertaining classes
  - C. Interactive classes
  - D. Linked and layering
32. What is the leading cause of injury deaths among those over age 65?
- A. Car accidents
  - B. Falls
  - C. Stroke
  - D. Cardiovascular disease
33. What is the maximal ideal class size for an ABLE Bodies training class?
- A. 15
  - B. 20
  - C. 10
  - D. 12

34. Clients should only attempt activities in which they are \_\_\_\_% confident they can do safely.
- A. 90
  - B. 100
  - C. 80
  - D. 75
35. Which is not a medical reason to immediately stop activity?
- A. Anxiety
  - B. Palpitations
  - C. Nausea
  - D. Generalized fatigue
36. Which movement in particular should be avoided until the doctor gives further notice for those clients with a hip replacement?
- A. Knee extensions
  - B. Marching
  - C. Crossing the legs
  - D. Standing from a chair
37. Which population would benefit from exaggerated movements?
- A. Parkinson's
  - B. Diabetes with neuropathy
  - C. Osteoporosis
  - D. Osteoarthritis
38. Which statement is correct concerning screenings and medical clearances?
- A. They are required before participation
  - B. They are encouraged but not required
  - C. The screening is encouraged while the clearance is required
  - D. The clearance is required by law
39. Flexibility is limited by:
- A. Ligament strength
  - B. Tendon length
  - C. Muscle movement
  - D. Joint structure
40. Key stretches should be:
- A. Pushed a little more beyond mild discomfort
  - B. Held longer than non-key stretches
  - C. Repeated twice during each class
  - D. Should be performed standing
41. When the shoulder range of motion increases, it can:
- A. Make standing exercises easier
  - B. Create lordosis in the cervical region
  - C. Be harmful to those with arthritis
  - D. Increase reaching by 4-8 inches
42. When older adults look over their shoulder:
- A. They throw their balance off by bringing the feet close together
  - B. They stop walking
  - C. They throw their balance off by turning the whole trunk
  - D. They use their vestibular sense in order to stay balanced



43. The Words on the Wall exercise addresses:
- A. Shoulder stiffness
  - B. Neck stiffness
  - C. Thoracic flexibility
  - D. Lumbar flexibility
44. The Supple Spine exercise focuses on all of the following spinal movements EXCEPT:
- A. Rotation
  - B. Extension
  - C. Lateral flexion
  - D. Flexion
45. When adding head, eye, and pelvic movements to the Supple Spine exercise, which of the following is incorrect protocol?
- A. Look upward
  - B. Hands are on the hips
  - C. Inhale as you lift the chin towards the ceiling
  - D. Return to neutral posture
46. Which of the following activities is best for gluteal muscles?
- A. Crossovers
  - B. Sunbursts
  - C. Knee hugs
  - D. Pull Aparts
47. The Proud Mary stretch focuses on which muscle group?
- A. Hamstrings
  - B. Hip flexors
  - C. Hip abductors
  - D. Hip adductors
48. Wrist pulls help stretch:
- A. Wrist and forearms
  - B. Back and shoulders
  - C. Back and hamstrings
  - D. Back and quadriceps
49. What is not correct protocol when performing Parentheticals?
- A. Exhale and reach upward as high as possible
  - B. Place one arm on the chair for support
  - C. Exhale as you bend the trunk towards the supporting arm
  - D. Inhale and bend the reaching arm at the elbow
50. Which muscle is stretched during the Farmer's Stretch when the feet are positioned with one foot in front of the other?
- A. Hip extensors of the front leg
  - B. Hip flexors of the front leg
  - C. Hip extensors of the back leg
  - D. Hip flexors of the back leg
51. How far should the client step back with the back leg when performing the Lunge stretch?
- A. As far as possible
  - B. 1 foot
  - C. 18-24 inches
  - D. 36-40 inches

52. Which is not a benefit of the Feel-Good posture exercise?
- It's a good ice breaker
  - It helps with the mind-body connection
  - Only a select few class members can participate
  - It provides a link between posture and body language
53. Which foot movement is not performed during the Parts of the Whole exercise?
- Ankle rolls
  - Pigeon toes
  - Duck feet
  - Plantar/dorsiflexion
54. When performing the Parts of the Whole for the head and neck, what movement occurs during the Egyptian position?
- Lateral flexion of head
  - Retraction and protraction of head
  - Flexion of the head/neck
  - Extension of the head/neck
55. Which statement is false concerning Smell the Coffee?
- It should be performed at the end of class
  - It compares visual and olfactory memories
  - It is a natural back-lengthening movement
  - It helps improve posture and core stability
56. Which exercise helps clients find their tipping point?
- Parts of the Whole
  - Anchors Away
  - Bent Over Posture
  - Torso as a Cylinder
57. When clients begin to feel their tipping point, what else do they feel?
- Their toes digging into the ground
  - Their pelvis beginning to posteriorly tilt
  - Their knees beginning to straighten
  - Their feet beginning to relax
58. When performing the Bent Over Posture, all participants should have:
- A chair behind them
  - A piece of tape at their feet to mark their starting point
  - A medical clearance
  - Something or someone within reach to prevent them from falling
59. Which exercise helps clients feel the changes in body mechanics when taking a step?
- Bent Over Posture
  - Anchors Away
  - Parts of the Whole
  - Torso as a Cylinder
60. What are perturbations according to the ABLE Bodies definition?
- Medical issues that may set the client back in their progress
  - Signs of fatigue when the client needs to stop
  - Gentle nudges given to a client to help them with balance
  - Noise that makes it hard for those with hearing aids to hear the instructions

61. When clients become the Lucy Goosey Palm Trees, all participants will:
- A. Keep the torso rigid for balance
  - B. Keep the arms high above the head
  - C. Concentrate on maintaining core stability
  - D. Sway with no core stability
62. All of the following are benefits of the Whooh, Whoohh, Whooohh! Exercise EXCEPT:
- A. Improves mobility
  - B. Improves core stability
  - C. Helps connect breathing and core strength
  - D. Helps to focus on strengthening the abdominal wall
63. Which of the following is incorrect protocol for the Whooh, Whoohh, Whooohh! Exercise
- A. The last puff should be the longest exhalation of the exercise
  - B. Inhale through pursed lips
  - C. Inhale through the nose
  - D. Take 3-5 seconds to exhale
64. Which is not proper protocol for the Tall Sits Exercise?
- A. Inhale while lifting ribs
  - B. Hold the tall sitting position for 3-5 seconds
  - C. Never slump during the exercise
  - D. Exhale while staying tall
65. In addition to the benefits that Tall Sits provides, what additional benefits does the participant get when a balloon is added to the exercise?
- A. Strengthening the legs
  - B. Strengthening the lower back
  - C. Strengthening the pectorals
  - D. Strengthening the upper back
66. How big should the balloon be for the Tall Sits with a Balloon Squeeze?
- A. 6 inches
  - B. 12 inches
  - C. 30 inches
  - D. It does not matter
67. What is the primary muscle that is strengthened during the Thumb Rolls exercise?
- A. Scapular retractors
  - B. Scapular protractors
  - C. Biceps
  - D. Triceps
68. Which of the following is not the proper starting position for the Show Me the Money exercise?
- A. Palms up
  - B. Feet hip-width apart on the floor
  - C. Hips touching the chair
  - D. Back touching the chair
69. Which is not proper movement during the Knee Lift, Abs In exercise?
- A. Hold the knee lift until you feel the abs engage
  - B. Pull belly button towards chair when lifting the knee
  - C. Lift the foot off the floor as high as possible
  - D. Exhale as the knee is lowered

70. Which of the following gives proper progression for the Waist Whittler exercise?
- Build up to 8-15 reps per side
  - Hold the balloon close to your body
  - Use hand weights no lighter than 2 lbs
  - Avoid lifting the balloon higher when returning to the center position
71. When performing Push-Backs, how long should participants hold the position pressed back into the balloon?
- As long as possible
  - 2 seconds
  - 12 seconds
  - 30 seconds
72. How far away should participants sit away from the back of their chair in the Curl Up and Sit Tall exercise?
- All the way to the edge of the seat
  - 4 inches
  - 8 inches
  - 6 inches
73. Which of the following is not a proper way to add balance to the Purse Snatcher exercise?
- Perform the exercise while standing
  - Rest feet on a balloon while sitting
  - Lift crossed ankles off the floor while sitting
  - Sit with the feet together
74. Which of the following is incorrect protocol when using the Thera-Band during the Buddha's Prayer exercise?
- Repeat no more than 12 times
  - As you inhale and reach the arms upward, lower the eyes to the floor
  - Secure the Thera-Band under both feet
  - Keep the abdominal stable, but allow the ribs and shoulders to lift
75. Which of the following moves for the Forklift exercise is incorrect?
- Keep the forearms perpendicular
  - Repeat no more than 8-12 times
  - Hold at the top of the exercise for 1-2 seconds
  - Lift the elbows close to shoulder height
76. If a client is unable to reach overhead during the Push Up, Pull Down exercise, what should they do instead?
- Not perform the exercise
  - Force the arms overhead to work on range of motion
  - Pass the balloon horizontally
  - Find an alternative exercise
77. All of the following muscles are worked during the Balloon Lift exercise EXCEPT:
- Back
  - Abdominal
  - Shoulder
  - Neck

78. The Tap and Catch a Balloon exercise is a combination of what two exercises?
- Push Up Think Thin and The Up and Up
  - Forklifts and The Up and Up
  - Push Up, Pull Down and the Push Up Think Thin
  - Forklifts and the Push Up Think Thin
79. Which activity is the first one that utilizes music and rhythm?
- Push Up Think Thin
  - Balloon Lifts
  - Tap and Catch a Balloon
  - A & Ws at the YMCA
80. To add more balance training to the Seated Heel Raises, the participant can:
- Alternate heels
  - Sit all the way back in the chair
  - Put a balance disc under the feet
  - Repeat 10-15 times
81. When should a client sit on a balance disc during the Seated Toe Raise exercise?
- If the client has poor posture
  - If sitting in the chair is uncomfortable
  - If the client needs to build strength in the calves
  - If the chairs have arms on them
82. What is the benefit of the Ducks and Pigeons exercise over the Seated Toe Raises exercise?
- It is safer for those in wheelchairs
  - It is safer for those with a hip replacement
  - It works on core more
  - Strengthens a broader range of foot and leg muscles
83. When finished with the Heel Drag exercise, what stretch should be done?
- Lunge stretch
  - Gentlemen's Bow
  - Farmer's stretch
  - Knee hugs
84. All of the following are ways to increase resistance for the Seated Leg Press with Thera-Band EXCEPT:
- Push the leg at a higher elevation from the floor
  - Use a stronger band
  - Shorten the length of the band
  - Slow the speed of the push
85. What are Genie Arms?
- Sitting tall with the arms out to the side at shoulder level
  - Sitting tall with the arms folded across the chest
  - Sitting tall with the arms on the chair arm rest
  - Sitting tall with the arm down by your side
86. Which of the following is not appropriate movement for the Heel Side Kick exercise?
- The lower leg moves to the 6 o'clock and 4 o'clock position
  - Repeat the movements 6-8 times
  - Do all repetitions on one leg, then switch to the other
  - The upper leg that is moving should rotate externally just slightly

87. Who should not perform the Knee Crosses exercise?
- Those who cannot stand
  - Those with a new hip replacement
  - Those with a new knee replacement
  - Those with arthritis
88. What is the “secret tool” for being able to get out of the chair for the Teeter-Totter Chair Stands?
- Height of the chair
  - Foot placement and momentum
  - Whether the chair has arm rests or not
  - Leg strength and flexibility
89. Why is it beneficial to use an offset foot placement during the Standing Heel Raise exercise?
- To focus more on the soleus muscle
  - To make one leg work harder
  - To improve balance while standing
  - To make the exercise easier
90. How can you challenge your participants when performing the Shallow Squat exercise?
- Bring the feet closer together
  - Hold the lowered position for a moment
  - Move the chair away
  - Put one foot on a step bench
91. Which of the following is not a benefit of the Pendulum Leg exercise?
- Improvement in agility
  - Strengthen hip abductors
  - Improve lateral weight transitions
  - Use of sequential motions with arms and legs
92. All of the following are good ways to challenge the client during the Standing Heel-Toe Rocking EXCEPT:
- Gaze ahead
  - Dim the lights
  - Hold onto the chair tightly
  - Lift the arms when you roll onto the toes
93. In order to keep it safe, which is not recommended for the Standing Heel-Toe Rocking exercise?
- Do not perform the exercise if the client is uncomfortable
  - Keep an upright posture throughout the exercise
  - Keep the back close to a wall
  - Perform the exercise as a group initially
94. Benefits of the Knee Lift, Touch Back, and Squeeze include all of the following EXCEPT:
- Strengthens hip muscles
  - Works on one legged balance
  - Temporary relief of sciatic pain in all participants
  - Focuses on walking gait
95. When performing Modified Lunges, the client should:
- Keep both knees slightly bent
  - Keep both feet flat on the floor
  - Slightly turn the back foot out
  - Keep the legs close together

96. In order to challenge clients while performing the Modified Lunges, they can:
- A. Not allow the knee to go over the arch of the foot
  - B. Add a small bounce in the down position
  - C. Progress to 20 reps
  - D. Do the lunges quicker to enhance balance
97. How long should the half foam roller be?
- A. 3 feet
  - B. 1 foot
  - C. 2 feet
  - D. 6 inches
98. What is the recommended balance aid for the Side Steps with a Thera-band exercise?
- A. The arms of the chair
  - B. The shoulder of the person to their right
  - C. Hand rail or bar
  - D. Legs lightly touching the chair
99. Benefits of the Clock Stepping exercise include all of the following EXCEPT:
- A. Requires agility and memory
  - B. Combines upper body movement
  - C. Works on balance from a variety of directions
  - D. Strengthens the entire leg
100. In order to enhance the Clock Stepping exercise, the client can:
- A. Keep all the numbers called on one side of the body
  - B. Return to center after each movement
  - C. Keep the knee straighter
  - D. Do more repetitions
101. Which is not a benefit of the front Step Ups?
- A. Strengthens the hip flexors
  - B. Helps keep clients active through mimicking a daily activity
  - C. Requires momentum control
  - D. Helps develop confidence
102. What is the maximal height of the step for Step Ups when working with beginners?
- A. 1 inch
  - B. 2 inches
  - C. 6 inches
  - D. 4 inches
103. What is the proper hand position for holding the thera-band during the Rows with Check-Mark Feet?
- A. Thumbs up
  - B. Palms down
  - C. Palms up
  - D. Thumbs down
104. In order to challenge the client's balance during the Rows with Check-Mark Feet, they can do all of the following EXCEPT:
- A. Sit on a balance disc in a chair without arms
  - B. Alternate the arms
  - C. Place the heels on a balance disc
  - D. Dim the lights

105. Cops and Robbers:
- Strengthens the deltoids
  - Focuses on internal rotation of the shoulder
  - Involves scapular protraction
  - Adds a nice stretch to the upper back
106. What is the main difference in muscles worked between Cops and Robbers and the Straight Ahead Lat Pull-Down exercise?
- Only the Straight Ahead exercise works the mid-back muscles
  - Both exercises work the lower back, but only the Cops and Robbers works mid back
  - Cops and Robbers works upper back while Straight Ahead works lower back
  - Both exercises work upper back, but only Straight Ahead works mid back
107. When compared to the Cops and Robbers exercise, the Bows and Arrows exercise is different because:
- Only Cops and Robbers stretches the chest
  - Bows and Arrows works on shoulder rotation
  - Cops and Robbers incorporates neck flexibility
  - Bows and Arrows incorporates neck flexibility
108. When performing the Overhead Lat Pull-Down, the thera-band is lowered to:
- The belly button
  - The collarbone
  - Nipple level
  - As low as shoulder ROM allows
109. In order to safely add balance to the Push Up and Think Thin with a Balloon, the instructor should not allow:
- The class to sit with tandem feet
  - The class to sit closer to the edge of the chair
  - Client's to place their feet on a balance disc
  - The class to sit on a balance disc at once
110. Which of the following is the proper push-up progression?
- Push-offs, chair, wall
  - Chair, push-offs, wall, floor
  - Chair, wall, push-offs
  - Chair, push-offs, floor
111. What is the definition of "standing on their own?"
- Standing with some support
  - Standing without any support
  - Able to get out of the chair without using the hands
  - Able to get out of the chair by themselves, but using the arm rests to lift up
112. Which game is beneficial because it also introduces the class to balance and somatosensory learning?
- Coming to Your Senses
  - Over the Moon
  - The Ball Game
  - Hacky Sack



113. When playing the Ball Game, what is the first thing the class should do?
- A. Put on their blindfolds
  - B. Stretch the hands
  - C. Stretch the shoulders
  - D. Look at the different balls
114. Benefits of the Over the Moon – Rock Forward, Stand Up include all EXCEPT:
- A. It provides a somatic learning experience
  - B. It mimics a daily activity
  - C. It helps with kinesthetic awareness
  - D. It is an advanced exercise
115. When listening to your body's sense of balance, it is called:
- A. Visceral learning
  - B. Kinesthetic balance
  - C. Somatic learning
  - D. Agility
116. Which of the following exercises is considered to be advanced?
- A. Over the Moon
  - B. Ball on the Wall
  - C. Belly Button Training
  - D. The Ball Game
117. How can the instructor encourage clients to make the Standing Weight Shifts more challenging?
- A. Widen the foot placement
  - B. Lift the heel of the weighted foot
  - C. Keep the arms close to the body
  - D. Shorten the weight shifts to mimic walking
118. Benefits of the Tight Tandem Walking on a Line or Beam include all of the following EXCEPT:
- A. Uses auditory targets
  - B. Strengthens hip abductors
  - C. Strengthens hip adductors
  - D. Works on dynamic balance
119. How far ahead should the client be looking when performing the Tight Tandem Walking on a Line or Beam
- A. 3 feet
  - B. Across the room
  - C. 4 feet
  - D. 8 feet
120. When the lights are dim, what sense is heightened?
- A. Proprioceptor
  - B. Balance
  - C. Vestibular
  - D. Touch
121. What is the advantage to walking on a soft surface?
- A. It decreases the need for assistance in balancing on their own
  - B. It makes clients feel less fearful of falling since it is padded
  - C. It makes it easier for at-risk clients to balance
  - D. It forces the client to depend more on visual and vestibular input

122. Even if balance is good, who still should not use balance pads?
- A. Those with osteoporosis
  - B. Those with hip replacements
  - C. Those with peripheral neuropathies
  - D. Those with osteoarthritis
123. Which of the following is not a reason that older adults to decrease arm swings when walking?
- A. Loss of balance
  - B. Use of canes
  - C. Loss of strength
  - D. Lack of posture and ROM in shoulders
124. What is the easiest way to increase step length?
- A. Lean into the forward movement
  - B. Increase the step height
  - C. Strengthen the calf muscles
  - D. Strengthen the gluteal muscles
125. Which statement is false concerning Agility Grids?
- A. The moderate grids are more complicated stepping patterns requiring bigger steps
  - B. The easiest pattern is across the top
  - C. Hopscotch patterns are fine as long as clients do not hop
  - D. The spaces are wide enough for a foot to land in it
126. How can you make Puddle Jumping safe, but more challenging?
- A. Do not lift the knee as high
  - B. Land toe heel
  - C. Let clients use handrails
  - D. Combine it with another game such as the River Fun games
127. When incorporating side steps in Life's Little Hurdles, you should not:
- A. Make the hurdles taller in order to challenge them
  - B. Encourage clients to find their own rhythm
  - C. Hold onto the client's wrists to spot them
  - D. Have the clients follow a set footwork pattern
128. What is a recommended way to make the Hedgehog exercise safer for intermediate skill level participants?
- A. Use 10 inch high hedgehogs
  - B. Place the hedgehogs further apart
  - C. Allow them to use a walker
  - D. Look ahead to two or three hedgehogs
129. Who might have the most trouble performing Pivot Turns and Corners?
- A. Those with knee replacements
  - B. Those with neuropathies
  - C. Those with back problems
  - D. Those with Parkinson's
130. Which is not the proper set up for the Walk in the Park?
- A. Unplanned obstacles
  - B. Masking tape for marking circles
  - C. Items for a treasure hunt
  - D. Heads-up glasses

131. Which exercises teaches participants about their tipping point?
- A. Bop the Hedgehog
  - B. It's a Reach
  - C. Walk in the Park
  - D. Shake a Leg
132. How do you prevent momentum pulling clients backward when performing the Hat Box to Chest?
- A. Touching the back leg to the chair
  - B. Straddling the legs
  - C. Hold the hat box out at arm's length
  - D. Bring the hat box to the chest
133. How should participants forwardly step down off a bench?
- A. Heel down first with stronger leg
  - B. Heel down first with weaker leg
  - C. Toe down first with stronger leg
  - D. Toe down first with weaker leg
134. Which skill is NOT linked to the Pickup Lines Activity?
- A. It's a Reach
  - B. Belly Button Training
  - C. Anchors A-Sway
  - D. Opposing Circles
135. To challenge your clients during the Figure-Eight activity, you should do all of the following EXCEPT:
- A. Move the chairs further apart
  - B. Walk faster
  - C. Add arm swings
  - D. Sing while walking
136. Clients benefit from the H-lines activity with all of the following EXCEPT:
- A. Refreshes earlier concepts from When Push Comes to Shove
  - B. Working on kinesis
  - C. Using a wide base of support
  - D. Utilizes visual targets
137. How far apart should the tape be on the floor for tandem lines in the Rock and Walks activity?
- A. 12 feet
  - B. 4 meters
  - C. 2 feet
  - D. 4 feet
138. Which cue is incorrect for the Chain Gang exercise?
- A. Keep the knees straight
  - B. Keep the feet wide
  - C. Keep the feet offset
  - D. Keep the abs braced
139. Which exercise focuses more on mobile agility and coordination?
- A. Chain Gang
  - B. You Shoot, You Score
  - C. Bop the Hedgehog
  - D. It's a Reach

140. The Soccer Drill works on all of the following EXCEPT:
- A. Hand-eye coordination
  - B. Combining tasks
  - C. Confidence
  - D. Eye-foot coordination
141. Benefits of the River Fun exercise include all of the following EXCEPT
- A. Easily adaptable
  - B. Incorporates multiple skills to improve balance
  - C. Decreases “freezing” in clients with Parkinson’s
  - D. Incorporates socialization
142. Cardiorespiratory training focuses on:
- A. Power and stamina
  - B. Power and agility
  - C. Stamina and balance
  - D. Power and balance
143. How long should your clients exercise continuously in order to build stamina?
- A. 20-30 minutes almost every day
  - B. 20-30 minutes 3 times per week
  - C. 10-20 minutes every day
  - D. 20-45 minutes 3-5 times per week
144. At what intensity should your clients maintain during their cardiorespiratory exercise in order to improve stamina?
- A. RPE of 5-6 on a 1-10 scale
  - B. RPE of 5-6 on a 6-20 scale
  - C. 75-85% of HRR
  - D. 75-85% of VO2 max
145. What is proper order of progression?
- A. Intensity, then duration, then frequency
  - B. Frequency, then duration, then intensity
  - C. Duration, then frequency, then intensity
  - D. Frequency, then intensity, then duration
146. Most of your ABLE Bodies participants should focus on what areas for the first several months of exercise?
- A. Mobility and balance
  - B. Posture and agility
  - C. Agility and mobility
  - D. Flexibility and balance
147. Which is not a benefit of the African Safari activity?
- A. It is imaginative
  - B. It meets the requirements for building stamina
  - C. It helps the client become aware of heart rate
  - D. It keeps participants active for 5-10 minutes
148. Walk Abouts:
- A. Should avoid obstacles on the floor to reduce risk for falls
  - B. Is a nice way to warm up the class
  - C. Should maintain one direction of walking
  - D. Is only recommended for the more fit individuals

149. What is the first goal of WalkABOUTs?
- A. To work on cardiorespiratory fitness
  - B. To get participants up and moving before class
  - C. To stretch the legs
  - D. To add obstacles to work on balance
150. Which is not proper format for the Get Up and Go Relay?
- A. Each team sits on a chair
  - B. Teams consist of 4 people
  - C. Agility cones should be about 8-12 feet in front of each team
  - D. Each player waits for the player in front of them to walk across the finish line before they rise out of the chair to go