

## **Chapter 3: Exercise in Older Adults**

### **Multiple Choice**

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

- \_\_\_\_\_ 1. Exercise recommended for older adults should include activities that:
  - A. Conserve energy
  - B. Restrict flexibility
  - C. Strengthen muscles
  - D. Are anaerobic in nature
  
- \_\_\_\_\_ 2. Preferred amount of exercise for older adults is:
  - A. 10 minutes of physical activity each morning
  - B. 30 minutes per day of aerobic activity five times a week
  - C. Any increase in physical activity over a sedentary lifestyle
  - D. 60 minutes per day that includes 30 minutes of aerobic activity and 30 minutes of weight training five times a week
  
- \_\_\_\_\_ 3. Which of the following medical conditions is not considered restrictive for engaging in physical activity?
  - A. Unstable angina
  - B. Dehydration
  - C. Depression
  - D. Uncontrolled tachycardia
  
- \_\_\_\_\_ 4. The best recommendation for a patient who states they have no equipment to exercise would be:
  - A. Sign a contract for a year's membership to a local gym
  - B. Borrow free weights from grandchildren
  - C. Have a personal trainer come to the home three times a week
  - D. Improvise with recommended objects at home that can be used
  
- \_\_\_\_\_ 5. When the nurse practitioner recommends exercise for a sedentary older adult, which of the following pieces of advice should be considered for all types of exercise?
  - A. Only use equipment recommended by physical trainers
  - B. Start low and go slow
  - C. Only group exercise is beneficial to someone who has not been active in a long time
  - D. Focus only on one type of exercise for the first few months

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### **Answer Section**

#### **MULTIPLE CHOICE**

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|-----------|--------|
| 1. ANS: C | PTS: 1 |
| 2. ANS: D | PTS: 1 |
| 3. ANS: C | PTS: 1 |
| 4. ANS: D | PTS: 1 |
| 5. ANS: B | PTS: 1 |