

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 |