

Staff Knowledge Pretest-Posttest

EXERCISE AND NUTRITION KNOWLEDGE QUESTIONNAIRE PRE-TRAINING/POST-TRAINING

1. **Fitness activity is the same as physical activity.**
 - a. True
 - b. False

2. **Cardiovascular disease (CVD) is one of the most common causes of death for people with intellectual disabilities (ID).**
 - a. True
 - b. False

3. **Staff report different reasons for not exercising compared to persons with ID.**
 - a. True
 - b. False

4. **How many servings of fruits & vegetables should women have a day?**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
0	1-2	3-4	5-6	7-8	9-11	12 or more

5. **How many servings of fruits & vegetables should men have a day?**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
0	1-2	3-4	5-6	7-8	9-11	12 or more

6. **There is no difference between being obese and overweight.**
 - a. True
 - b. False

7. **Adults with Down syndrome have higher heart rates than the general population.**
 - a. True
 - b. False

8. **What range is considered normal resting heart rate?**
 - a. 40-60
 - b. 60-90
 - c. 100-110
 - d. 120-130

- 9. A normal blood pressure range is which of the following?**
- a. 110/70
 - b. 120/80
 - c. 130/90
 - d. 140/90
- 10. It is normal for blood pressure to increase during most types of exercises.**
- a. True
 - b. False
- 11. If someone is taking beta blocker medication, his/her heart rate will:**
- a. increase
 - b. stay the same
 - c. decrease
- 12. If someone is taking thyroid medication for hypothyroidism, his/her heart rate will:**
- a. increase
 - b. stay the same
 - c. decrease
- 13. Having a drink with caffeine can cause someone's blood pressure to:**
- a. increase
 - b. stay the same
 - c. decrease
- 14. The best place to get fit at is the gym.**
- a. True
 - b. False
- 15. If your client exercises, he/she will lose all the weight he/she wants.**
- a. True
 - b. False
- 16. It is important for clients to 'diet' so that they can lose weight and maintain the weight loss over time.**
- a. True
 - b. False
- 17. In general, as people get older it's important that they continue to exercise.**
- a. True
 - b. False

18. It is important to check heart rate while exercising.

- a. True
- b. False

19. Many exercises can be done from a wheelchair.

- a. True
- b. False

20. For best results during strength training, you should exercise the same muscles two days in a row.

- a. True
- b. False

21. How often should you drink water during exercise?

- a. Only after exercise
- b. Every hour
- c. Every 15 minutes
- d. Every 30 minutes

22. If your client is overweight, he/she won't get much out of an exercise program.

- a. True
- b. False

23. Walking for 10 minutes before work, 10 minutes during lunch, and 10 minutes after work is just as good as walking for 30 minutes at one time during the day.

- a. True
- b. False

24. Diet should not be so strict that people start feeling deprived.

- a. True
- b. False

25. One serving of fruit or vegetable (1 medium apple or 3-4 broccoli florets) can fit into the palm of an average woman's hand.

- a. True
- b. False

26. 1 cup of raw leafy vegetables is equal to...

- a. 1 lettuce leaves
- b. 2 lettuce leaves
- c. 3 lettuce leaves
- d. 4 lettuce leaves

- 27. Walking, while talking but not singing, is an example of moderate intensity activity.**
- a. True
 - b. False
- 28. A client with diabetes' pre-exercise blood sugar is greater than 300 mg/dl. You should do which of the following**
- a. give him/her a snack
 - b. have him/her to warm-up and stretch
 - c. tell him/her that he/she should not exercise
- 29. You are working with a client who has been doing dumbbell curls 3 times a week for 3 months. She is doing 12 reps using 10 lbs. weights. At the beginning she was struggling with the last couple of reps, but now she's bored with it. It's time to increase the amount of reps.**
- a. True
 - b. False

Answer Key: 1=False, 2=True, 3=True, 4=7-8, 5=9-11, 6=False, 7=False, 8=60-90, 9=120/80, 10=True, 11=decrease, 12=increase, 13=increase, 14=False, 15=False, 16=False, 17=True, 18=True, 19=True, 20=False, 21=Every 15 minutes, 22=False, 23=True, 24=True, 25=True, 26=4 lettuce leaves, 27=True, 28=tell him/her that he/she should not exercise, 29=False