

**MULTIPLE CHOICE  
QUESTION PAPER**



<p><b>Paper number</b></p> <p><b>SQCEOP3.1</b> Please insert this reference number in the appropriate boxes on your candidate answer sheet</p>	<p><b>Time allocation</b></p> <p>15 minutes</p>
<p style="text-align: center;"><b>SAMPLE TEST QUESTIONS</b></p> <p style="text-align: center;"><b>Level 3</b></p> <p style="text-align: center;"><b>Considerations for safe and effective exercise for independently active, older people</b></p> <p style="text-align: center;"><b>Unit Reference Number:</b></p> <p style="text-align: center;"><b>K/504/0995</b></p>	
<p><b>Special Instructions</b></p> <p>This sample question paper has 10 marks (1 mark per question). A <b>minimum total of 7 marks overall (70%)</b> are required in order to pass.</p> <p><b>Important: Please do not write on this paper.</b></p>	

**Q1 The Spirduso 2005 functional classification model contains which of the following groups?**

- a) Physically elite, physically fit, physically unfit, physically frail, physically dependent
- b) Physically trained, physically fit, physically independent, physically frail, physically dependent
- c) Physically elite, physically fit, physically independent, physically frail, physically dependent
- d) Physically trained, physically fit, physically unfit, physically frail, physically dependent

**Q2 Which of the following are all examples of the types of activity which might be carried out by 'independently-active, older people'?**

- a) Dressing, food shopping and running
- b) Walking, gardening and golf
- c) Golf, hang gliding and running
- d) Weight lifting, running and hang gliding

**Q3 Psychological age is defined in which of the following ways?**

- a) According to physical functioning
- b) As the outlook one has on life
- c) As numerical age in years
- d) According to genetic factors

**Q4 Which of the following is an age-related change to the nervous system?**

- a) Motor units decrease in size
- b) Neurones increase in number
- c) Transmission of messages is slower
- d) Motor function declines faster than sensory function

**Q5 Which of the following is an absolute contraindication relating to participation in exercise?**

- a) Problems understanding instructions
- b) Knee pain
- c) Recent injury
- d) Unexplained lethargy

**Q6 Physical activity is defined as:**

- a) planned and repetitive body movement, which results in energy expenditure
- b) any body movement produced by a skeletal muscle that results in physical fitness
- c) any body movement produced by a skeletal muscle that results in energy expenditure
- d) planned and repetitive body movement, which improves or maintains one or more components of physical fitness

**Q7 Why is self-efficacy a possible barrier to exercise?**

- a) The person may not exercise effectively
- b) The person may doubt the suitability of the instructor
- c) The person may be fearful of exercise
- d) The person may doubt their ability to achieve exercise goals

**Q8 Which of the following is common in behaviour change models?**

- a) 'Transition' phase follows 'maintenance of exercise'
- b) 'Maintenance of exercise' phase follows 'preparation'
- c) 'Lapse' phase follows 'engagement in exercise'
- d) 'Maintenance of exercise' phase follows 'relapse'

**Q9 Exercise professionals should conduct themselves in what way when working with older people?**

- a) Use appropriate language, motivate and avoid offering the opportunity for feedback
- b) Encourage independence, maintain dignity and use appropriate language
- c) Use touch frequently, discourage independence and offer varied exercise formats
- d) Encourage independence, display punctuality and never touch clients

**Q10 Which of the following describes the use of appropriate terminology when promoting exercise for independently-active older people?**

- a) Use the same language as for the general population
- b) Use technical language to show exercise and ageing knowledge
- c) Use terminology that relates to medical conditions
- d) Use senior-friendly rather than technical language