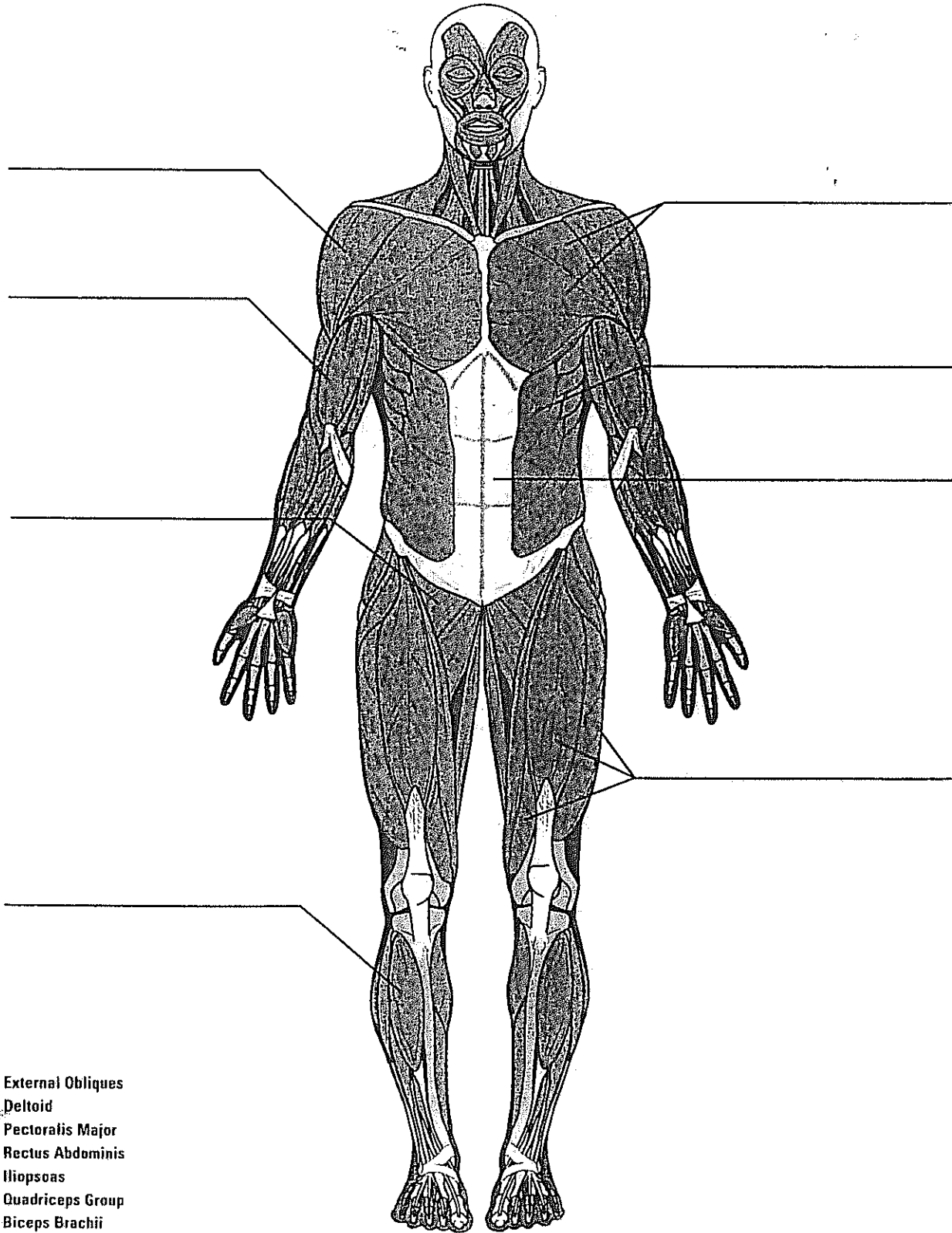


Exercise Technician Quiz

- 1 When is your resting heart rate the most accurate?
- 2 List 3 types of joints out of the 6 within the body. Also give a corresponding example.
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- 3 Personally which type of muscle fibers do you feel you have more of? Why?
- 4 Give one general physiological area affected by aging.
- 5 What are the 2 types of physical activity involved with all of Care Ventures Programs
- 6 Why is exercise so important for the aging?
- 7 What are some of the considerations when working with the elderly population?
- 8 What does FITT stand for?
- 9 What are some important things to remember when running an exercise class?
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- 10 Whose responsibility is it to help reduce fall risks within our facility?
- 11 How often do assessments occur?
- 12 After you lead a class where do you chart?
- 13 What is your responsibility if you notice increases or declines within a residents physical abilities?

Anterior Anatomy Worksheet



Posterior Anatomy Worksheet

