

1) When using dumbbells with a client, what safety rule you should always follow?

Answer by ticking the correct answers

- Never lift above 20 lbs
- Spot the client with the hands on the elbows
- Spot the client with the hands on the wrists
- Never let go of the weights/machine

2) Which of the following is an example of an escape behavior?

Answer by ticking the correct answers

- Humming or singing
- Touching other objects
- Laying on the ground
- Reciting a movie or song

3) After a client shows mastery of a wall squat, what is the next appropriate progression?

Answer by ticking the correct answers

- Goblet squat
- Chair squat
- Body weight squat
- Assisted Platform Squat
- Leg Press

4) Individuals with [1] are at an increased risk of atlantoaxial instability, a serious disorder that could result in spinal cord damage

Answer by writing the position number (1-1) on the appropriate option

Cerebral Palsy

Down syndrome

5) For clients who are at risk for hyper flexibility, which of the following should you do?

Answer by ticking the correct answers

Perform static stretching on hyper-flexible muscles

Observe a normal range of motion

Keep the neck in a neutral position

Only use dynamic warm-ups with the client

6) When working with a client with floppy muscles/joints, what should you do?

Answer by ticking the correct answers

Avoid any exercises that use the floppy muscles

Gently position the floppy muscles into the correct position

Use a gait belt with the floppy muscles

None of the above

7) What does the "S" stand for in the CBSE Training Model?

Answer by ticking the correct answers

Strength

Stamina

Socialization

Stability

8) When is it appropriate to go above a level 7 of 10 intensity or achieve muscular failure with a client?

Answer by ticking the correct answers

If the client is 18 or older

If the client is high functioning

If the client has not answered "NO" in their PAR-Q

If the client has been training for one+ years

None of the above

9) Which of the following are examples of effective positive reinforcers that you could repeatedly use to encourage a client to repeat the desired exercise or behavior? [select three answers]

Answer by ticking the correct answers

Allowing the client to do an exercise they enjoy

Allowing the client to eat their favorite snack during the workout

Giving the client a quick water break after each set

Giving the client a high-five

Allowing the client to use the bathroom

10) Which of the following is not an appropriate rep range to use with a client?

Answer by ticking the correct answers

8-12 reps

15-20 reps

4-6 reps

20+ reps

11) If the hamstrings are spastic, what muscle group should be strengthened?

Answer by ticking the correct answers

Calves

Quads

Glutes

Hamstrings

12) Which of the following is an example of a tactile cue?

Answer by ticking the correct answers

Using visual prompts or letter boards

Explaining to the client the muscle group that you want to target

Tapping the clients shoulder to get them to redirected

Showing the client a how-to video of the exercise

13) What does the "E" stand for in the CBSE Training Model?

Answer by ticking the correct answers

Endurace

Energy

Exercise

None of the above

14) What type of tempo should be used with a client?

Answer by ticking the correct answers

4-2-1

3-1-3

2-2-2

None of the above

15) What does the "C" stand for in the CBSE Training Model?

Answer by ticking the correct answers

Core, Balance, & Flexibility

Core, Brain, & Flexibility

Core, Brain, & Functional Movements

Core, Balance, & Functional Movements

16) Which of the following are common movements used in the CBSE Training Model to engage the brain?

Answer by ticking the correct answers

crossing the mid-line

multi-tasking

top to bottom

All of the above

17) Which of the following is an effective way to build trust with your client?

Answer by ticking the correct answers

Let your client play on your smartphone while resting

Give your client a hug

Offer exercise selection to the client

Watch TV in the gym with the client

18) Due to some clients having a risk of increased risk of atlantoaxial instability, what is the best practice to use with all clients?

Answer by ticking the correct answers

Refrain from using dumbbells

Keep neck neutral with spine

Avoid deadlifts

Only do exercises in the transverse plane