



Module 3 Quiz Answer Key

END OF MODULE 3 QUIZ: WHAT HAVE YOU LEARNED?

Correct answers are written in green text

1. Some of the key areas where participants might experience limitations that could affect their involvement in physical activity programs include:
 - A) Object manipulation.
 - B) Support system.
 - C) Cognitive functioning.
 - D) Past experiences.
 - E) Medical history.
 - F) Communication.
2. Instructional strategies that are effective for individuals with limitations in cognitive functioning include:
 - A) Use the task analysis method (i.e. break down activity/skill into small steps)
 - B) Provide simple, concise explanations.
 - C) Use of repetition.
 - D) Ask questions to ensure understanding
 - E) Utilize visual demonstrations to accompany verbal instructions/directions.
 - F) All of the above are strategies that are effective for individuals with limitations in cognitive functioning.
3. Individuals with visual impairments may experience difficulty in physical activity situations because:
 - A) They may have a limited amount of movement experience compared to their sighted peers.
 - B) They progress through a different developmental sequence than their sighted peers.
 - C) They are delayed in basic movement skills as a result of not being able to see.
 - D) They cannot visually process all the information required to be successful in a physical activity setting.
 - E) They can't display proper postures and body positions since they cannot observe and imitate their able-bodied peers.
4. Why is it more important to understand what one's functional abilities are versus knowing what disability he or she has?
 - A) The disability is just a label, not an indication of what one is capable of doing.
 - B) Functional abilities are a more accurate indication of what one is able to do in a given activity.
 - C) Relying on a disability label can lead to unrealistic expectations.
 - D) One's functional abilities may be different across different activities.
 - F) All of the above are important factors to understanding one's functional abilities versus what disability he or she has.