

END OF MODULE 3 QUIZ: WHAT HAVE YOU LEARNED?

Instructions: Choose the correct answers to each question. You may want to write the answer on a piece of paper to compare to the answer key once you have completed the quiz. Note that there is often more than one correct response to a question.

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.
 - E) People with the same disability will often have different functional abilities.
 - F) All of the above are important factors to understanding one's functional abilities versus what disability he or she has.