

Flex Therapist CEUs

Alzheimer's Disease and Exercise

1. How many stages are there to Alzheimer's?

- A. One
 - B. Four
 - C. Three
 - D. Two
-

2. What are some types of screening exams for Alzheimer's or other cognitive impairment?

- A. Mini Cog, Mini Mental State Exam, Ten Step Questionnaire
 - B. Ten Step Questionnaire, Clock Drawing Test, Impaired Cognitive Exam
 - C. Ten Step Questionnaire, Self Administered Gerocognitive Exam, Clock Drawing Test
 - D. Self Administered Gerocognitive Exam, Mini Cog, Mini Mental State Exam
-

3. Cognitive mental exams include elements to test orientation, math, short term memory, problem-solving ability, and motor skills.

- A. True
 - B. False
-

4. What are some physical deficits associated with Alzheimer's?

- A. Balance issues, decreased flexibility, declining gait quality
 - B. Somnolism, decreased strength, poor posture
 - C. Joint instability, poor gait skills, rapid breathing
 - D. Sweating, insomnia, trembling
-

5. The brain gains volume during the progression of Alzheimer's.

- A. True
 - B. False
-

6. What qualities should exercise for those with Alzheimer's include?

- A. Simplicity, regularity, multi tasking
- B. Simple, repetitive, engaging

- C. Independent exercise, repetitive, physically challenging**
 - D. Multi tasking, physically challenging, independent exercise**
-

7. What are three of the body's systems that balance relies upon?

- A. Visual, Vocal, Vestibular**
 - B. Proprioception, Vestibular, Vocal**
 - C. Vestibular, Proprioception, Visual**
 - D. Vocal, Proception, Vestibular**
-

8. Yoga, meditation, and Tai Chi can be useful tools due to the calming effect on the patient and the simple movements.

- A. True**
 - B. False**
-

9. Physical activity has been shown to delay and even prevent cognitive decline.

- A. True**
 - B. False**
-

10. What are the structures called that become twisted in the brain, causing disruption in cellular processes and cell death?

- A. Tau Proteins**
 - B. Microtubule twists**
 - C. Exogenic fibers**
 - D. Neurofibrillary tangles**
-

Copyright © 2023 Flex Therapist CEUs

Visit us at <https://www.flextherapistceus.com>