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

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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 Administed Gerocognitive Exam, Mini Cog, Mini Mental State Exam

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

A. True
B. False

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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

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

A. True
B. False

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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

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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

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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

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

A. True
B. False

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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

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