

LIFT Instructor Assessment

Name (First and last):

County:

State:

Date:

LIFT utilizes the greatness of previous Extension Programming. Select all programs that influenced LIFT.

- a. Strong Women Strong Bones
- b. Stay Healthy Stay Strong
- c. Activity for the Ages
- d. None of the Above

LIFT is a program for

- a. Senior Citizens
- b. Aging Adults
- c. Individuals 65 years and older
- d. Women over 60 years old

LIFT combines in-class strength training with

- a. Encouragement to eat more protein
- b. Encouragement to eat with other people
- c. Encouragement to eat more fruit and vegetables
- d. Encouragement to eat a specific amount of calories

In-class strength training for LIFT is partnered with

- a. In class aerobic activity
- b. In class encouragement of out of class aerobic activity
- c. In class encouragement for out of class strength training

LIFT incorporates individual behavior change strategies into the programming. Which of the following is NOT part of individual behavior change?

- a. Observational learning
- b. Help establish a buddy who is also working towards healthy living
- c. Self-monitoring
- d. Goal setting to initiate and maintain behavior changes

Group Dynamics Activities are included in LIFT in order to facilitate community support. Select all that support group dynamics.

- a. Using friendly competition to encourage goal attainment
- b. When people feel similar to those around them, they believe they can also make change
- c. People within a community often have shared or similar life experiences
- d. When the group is more cohesive, it is easier to solve transportation issues

LIFT classes meet _____ times a week for _____ weeks.

- a. 3,7
- b. 1,16
- c. 2,8
- d. 5,5

How many movement sessions are included in LIFT? _____

- a. 5
- b. 6
- c. 8
- d. 10

Lift also has “before and after” inclusions.

Select all the events that happens before LIFT, during orientation.

- a. Functional Fitness Assessment
- b. Blood Pressure
- c. Participant Consent
- d. Height and Weight measurements
- e. Pre Program Survey
- f. PAR-Q+

Select all events that need to happen after LIFT has concluded.

- a. Follow up with participants on their Fruit and Vegetable Consumption
- b. Follow up with participants to get a six month functional fitness assessment
- c. Follow up with participants to get see if they are still getting their aerobic activity
- d. Follow up with participants to get their six month Post Program Survey
- e. Follow up with participants to get see if they are continuing to do strength training

The LIFT manual includes a Session By Session Guide. It includes all EXCEPT

- a. Anatomy tests to ensure all instructors can name muscle groups
- b. Lessons on how to encourage an increase in fruit and vegetable consumption
- c. Cues for better guiding the strength-based movement
- d. Strategies for cultivating behavior change

Please select all the components of Physical Activity Guidelines for Americans for older adults

- a. 2 days full body muscle strengthening
- b. Time outdoors
- c. 150 Minutes of moderate aerobic activity
- d. Balance
- e. Flexibility

Most Older Adults get the recommended amount of physical activity suggested in the Physical Activity Guidelines for Older Adults.

- a. True
- b. False

Moderate physical activity for older adults can be described as:

- a. You will not be able to say more than a few words without pausing for a breath
- b. While you move, you can talk but you can't sing
- c. Easily recite the alphabet out loud

Vigorous physical activity for older adults can be described as

- a. You will not be able to say more than a few words without pausing for a breath
- b. While you move, you can talk but you can't sing
- c. Easily recite the alphabet out loud

All adults, no matter their age, should engage in moderate to vigorous physical activity. How much moderate physical activity should they get in a week?

- a. 200 minutes of moderate physical activity
- b. 75 minutes of moderate physical activity
- c. 150 minutes of moderate physical activity

Safety is a key component of being active with older adults. When leading exercises you should

Keep watch of where people's weights and water bottles are located

- a. Encourage participants to use momentum in the exercises
- b. Cue engagement of the core to help participants stabilize/improve balance
- c. Offer the use of a chair for balance in standing postures

The 8 Core Exercises meets the Physical Activity Guidelines for Americans suggestion for 2 days a week of full body strength training. Which of the following is NOT a LIFT exercise?

- a. Standing Leg curls
- b. Knee extension
- c. Side hip raises
- d. 8 Foot Up and Go
- e. Wide Leg Squats
- f. Toe Raises

The 8 Core Exercises meets the Physical Activity Guidelines for Americans suggestion for 2 days a week of full body strength training. Which of the following is NOT a LIFT exercise?

- a. Bicep Curls
- b. Overhead Press
- c. Seated Rows
- d. Lat pulldowns

You lead all the seated exercised first, then you lead the standing ones.

- a. True
- b. False

Group Dynamics Strategies can be implemented during the warm-ups.

- a. True
- b. False

Session 5 works with individual goal setting. Which is not part of the goal setting framework established?

- a. I can
- b. I may
- c. I will
- d. I must

Session 6 discusses using community resources to encourage more physical activity. What is NOT an example of a community resource?

- a. Community gardens
- b. Local walking paths
- c. Private gym
- d. Local mall with open stairs and solid railings