

## 2025- Quiz for Exercise for NCD Prevention: Older adult 1&2

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Not shared

\* Indicates required question

Choose the correct answer

Types of Exercises for Older Adults \*

- ☐ Balance training
- ☐ Resistance training
- ☐ High-intensity interval training (HIIT)
- ☐ Aerobic exercise

Please follow the instructions below. \*

**Instruction:**

1. Selected a single assessment.
2. Record video while evaluating your friend by assessment in item 1 and interpret the results.
3. Submitted a video link (no video files) accessible to the instructor at here. Don't forget to introduce your name and ID.

**คำอธิบาย:**

1. หลังจากเรียนจากวิดีโอ ให้เลือก 1 การทดสอบจากการเรียน
2. นำการทดสอบที่เลือก ทดสอบเพื่อน จากนั้นสรุปผลการทดสอบ ขณะทำการทดสอบและแปลผล ให้บันทึกวิดีโอ
3. ส่งวิดีโอเป็นรูปแบบลิงก์ ไม่รับเป็นไฟล์วิดีโอ นักศึกษาอย่าลืมระบุชื่อและ ID ให้ชัดเจน

Your answer

The cut point of sit to stand test which indicated risk of falling in aging is ..... \*

- ☐ 8 seconds
- ☐ 11 seconds
- ☐ 15 seconds
- ☐ 20 seconds

What are examples of simple exercises for older adult that can be easily integrated into daily life? \*

- ☐ Complex weightlifting routines
- ☐ Marathon running
- ☐ Taking short walks, stretching, or doing chair exercises
- ☐ Swimming for hours

What is a simple way for older adults to incorporate exercise into their daily routine? \*

- ☐ Avoid all forms of physical activity
- ☐ Only exercise on weekends
- ☐ Take the stairs instead of the elevator
- ☐ Exercise for several hours at once

Why is consistency in daily exercise important? \*

- ☐ It doesn't have any impact on health
- ☐ It prevents any variability in exercise routines
- ☐ It helps build and maintain health benefits
- ☐ Consistency is not essential

Which one is **incorrect** method to prevent falls among older people? \*

- ☐ Avoid activities will have little confidence in performing activities
- ☐ Control extrinsic factors
- ☐ Exercise or other intervention
- ☐ Fall risk assessment

Before starting a new exercise routine, what should older adults do? \*

- ☐ Ignore any discomfort during exercise
- ☐ Consult with a healthcare professional
- ☐ Skip warm-up exercises
- ☐ Exercise intensely every day

How does regular movement throughout the day benefit older adults? \*

- ☐ It causes fatigue
- ☐ It can lead to joint pain
- ☐ It improves circulation, flexibility, and reduces stiffness
- ☐ It has no impact on physical health

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