Primary Care for the Physical Therapist 4th edition Boissonnault Test Bank

SKU: 9780443122682-TEST-BANK

Test Bank - Chapter 03

Q: Which of the following characteristics can accurately be applied to describe the term “wellness”?

A. Salutogenic (Correct)
B. Health Status
C. Physical health behaviors
D. Self-efficacy

Q: After a physical therapist has determined that a client is interested in becoming more physically active, an appropriate tool to identify how ready he or she is to change this behavior is:

A. stages of change questionnaire. (Correct)
B. health risk assessment.
C. PAR-Q.
D. Perceived Wellness Survey.

Q: Which of the following strategies is appropriate to enhance self-efficacy in a client who desires to be more physically active?

A. Talking to a friend who is regularly physically active to learn how that person fits physical activity into her life (Correct)
B. Increasing knowledge about physical activity by searching on the Internet for websites about the benefits of physical activity
C. Setting a goal that the client will likely not meet within the first month
D. Using empathy to reflect what the client tells you about why he or she is not regularly physically active.

Q: Identify the example of an internal motivating factor for physical activity.

A. The desire to be more productive at work. (Correct)
B. The desire to fit into a smaller size clothing.
C. To satisfy a spouse who believes the client should exercise more.
D. To fit into a peer group that meets once a week to walk.

Q: Motivational interviewing is best utilized with a client in the _____ stage of change.

A. contemplation (Correct)
B. action
C. preparation
D. maintenance