

1. What best describes physical therapeutics?
 - A. Using medicine to fix the body
 - B. Avoiding all movement
 - C. Using movement, touch, temperature, light, and sound to help the body work better**
 - D. Only exercising to get stronger

2. What does the nervous system use to understand the body?
 - A. Only food
 - B. Touch, movement, pressure, and position**
 - C. Only sleep
 - D. Only exercise

3. What is proprioception?
 - A. The ability to run fast
 - B. The body's ability to sense position without looking**
 - C. The ability to lift weights
 - D. The ability to sleep well

4. What is body awareness?
 - A. Ignoring how you feel
 - B. Only focusing during sports
 - C. Noticing posture, movement, and tension**
 - D. Only stretching

5. What is an example of a touch therapy?
 - A. Watching TV

B. Gentle massage

C. Sleeping

D. Eating food

6. What is a trigger point?

A. A bone injury

B. A sensitive spot in a tight muscle

C. A joint

D. A nerve disease

7. What does good posture do?

A. Makes you tired

B. Helps muscles and joints share load evenly

C. Stops movement

D. Causes pain

8. What is gait?

A. Sitting posture

B. The way a person walks

C. A type of stretch

D. A type of injury

9. What is mobility?

A. Muscle size

B. How freely a joint moves

C. How strong a person is

D. How fast you run

10. What is stability?

A. How strong muscles are

B. How well the body controls movement

C. How fast you move

D. How flexible you are

11. When is heat helpful?

A. When something is swollen

B. When muscles feel tight or stiff

C. When bones are broken

D. When you are asleep

12. When is cold helpful?

A. When muscles are tight

B. When tissue is swollen or irritated

C. When resting

D. When stretching

13. What does blue light do?

A. Helps you sleep

B. Makes muscles stronger

C. Keeps your brain alert

D. Heals injuries

14. What does sunlight help control?

A. Muscle strength

B. Digestion

C. The body's internal clock

D. Bone growth

15. What can sound and vibration do?

A. Only affect hearing

B. Affect muscles and the nervous system

C. Only affect bones

D. Do nothing

16. What does vibration therapy do?

A. Break bones

B. Stimulate muscles and circulation

C. Stop blood flow

D. Cause injury

17. What is an example of external support?

A. Exercise

B. Food

C. Braces or orthotics

D. Sleep

18. What are orthotics?

A. Exercises

B. Shoe inserts for support

C. Medicines

D. Stretches

19. What is a sign of a good shoe fit?

A. Toes are cramped

B. Heel slips

C. There is space for toes to move

D. Shoe bends in the middle

20. What is active rest?

A. Doing nothing

B. Heavy exercise

C. Gentle movement during recovery

D. Sleeping only

21. What does slow walking improve?

A. Speed

B. Coordination and control

C. Muscle size

D. Pain

22. What does hanging help improve?

A. Vision

B. Shoulder strength and mobility

C. Digestion

D. Sleep

23. What is humming helpful for?

A. Increasing stress

B. Calming the nervous system

C. Causing fatigue

D. Building muscle

24. What is a red flag?

A. Feeling relaxed

B. Mild soreness

C. Pain that does not go away or gets worse

D. Feeling tired

25. What is the main idea of this unit?

A. Ignore your body

B. Only exercise matters

C. Use physical inputs to support how the body works

D. Rest is not important