

1. What is physical therapeutics?

A. Only using medicine

**B. Using movement, touch, light, and sound to help the body**

C. Only exercising hard

D. Not moving at all

2. Your body is always getting messages from:

A. Only food

B. Only sleep

**C. Touch, movement, light, and sound**

D. Only exercise

3. What does body awareness mean?

A. Ignoring your body

**B. Noticing how your body feels and moves**

C. Only thinking about sports

D. Only stretching

4. What helps your body stay balanced?

A. Only muscles

B. Only bones

**C. Your brain and body working together**

D. Only your heart

5. What can help tight muscles feel better?

A. Sitting all day

B. Playing video games

**C. Stretching or gentle massage**

D. Doing nothing

6. What is the first step of good walking?

A. Jump forward

**B. Stand tall and look forward**

C. Walk on your toes

D. Swing your arms fast

7. What does mobility mean?

A. How fast you run

B. How strong you are

**C. How freely a joint moves**

D. How tall you are

8. When should you use heat?

**A. When muscles feel tight or stiff**

B. When you have a new injury

C. When you are sleeping

D. When you are running

9. What do screens do to your brain?

A. Help you sleep

B. Make you tired right away

**C. Keep your brain awake and alert**

D. Make muscles stronger

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

A. Toes are squished

B. Heel slides up and down

**C. Toes have space to move**

D. Shoes feel tight

11. What is posture?

A. How you eat

**B. How you hold your body**

C. How fast you run

D. How strong you are

12. What is gait?

A. Sitting

**B. The way you walk**

C. Sleeping

D. Jumping

13. What helps your body move better?

**A. Good daily habits**

B. Sitting all day

C. Ignoring your body

D. Only resting

14. What does cold help with?

A. Tight muscles

**B. Swelling or new injuries**

C. Running faster

D. Sleeping

15. What does sunlight help your body do?

A. Lift weights

**B. Know when to wake up**

C. Run faster

D. Grow taller

16. What can sound do?

A. Nothing

B. Only affect ears

**C. Help your body feel calm or focused**

D. Only affect bones

17. What is vibration?

A. Only sound

**B. Movement you can sometimes feel**

C. Only light

D. Only heat

18. What can help your muscles relax?

**A. Gentle touch or massage**

- B. Doing nothing all day
- C. Ignoring pain
- D. Sitting still

19. What is balance?

**A. Standing on one foot and staying steady**

- B. Running fast
- C. Jumping high
- D. Sitting still

20. What is active rest?

- A. Doing nothing
- B. Heavy exercise

**C. Gentle movement while resting**

- D. Only sleeping

21. What does slow walking help with?

- A. Speed

**B. Coordination**

- C. Muscle size
- D. Pain

22. What does hanging help?

- A. Vision

**B. Shoulders and grip**

- C. Digestion

D. Sleep

23. What does humming help with?

A. Stress

**B. Calm feelings**

C. Muscle growth

D. Running

24. What is a red flag?

A. Feeling relaxed

B. Mild soreness

**C. Pain that does not go away**

D. Feeling happy

25. What is the main idea of this unit?

A. Ignore your body

B. Only exercise matters

**C. Use simple things to help your body feel and work better**

D. Rest is not important