

**MULTIPLE CHOICE
QUESTION PAPER**

Paper number SQCAPN3.1 Please insert this reference number in the appropriate boxes on your candidate answer sheet	Time allocation 15 minutes
Title SAMPLE TEST QUESTIONS Level 3 Considerations for safe and effective exercise for ante natal and post natal clients Unit Reference Number: D/504/0993	
Special Instructions This sample question paper has 10 marks (1 mark per question). A minimum total of 7 marks overall (70%) are required in order to pass. Important: Please do not write on this paper.	

Q1

The 29th week of pregnancy would be classed as which stage of pregnancy? (1 mark)

- a) First trimester
- b) Second trimester
- c) Third trimester
- d) Childbirth

Q2

Which of the following is an effect of pregnancy on the skeletal system? (1 mark)

- a) Increased ligament strength
- b) Reduced flexibility
- c) Increased bone density
- d) Reduced joint stability

Q3

Clients who exercise during the third trimester of pregnancy will benefit from stretching to (1 mark)

- a) increase flexibility
- b) aid relaxation
- c) increase strength
- d) aid motor skills

Q4

Which of the following types of exercise could best be used to prevent stress incontinence for ante natal clients? (1 mark)

- a) Pelvic floor exercises
- b) Abdominal exercises
- c) Light cardiovascular exercise
- d) Water-based exercises

Q5

Post-natal barriers to physical activity include (1 mark)

- a) increased motivation, lack of child care, lack of time
- b) post natal depression, low energy and increased self-esteem
- c) lack of time, post natal depression and low energy
- d) low energy, increased self-esteem and lack of child care

Q6

The most likely effect of encouraging activities of daily living (ADLs) for post natal clients is (1 mark)

- a) decreased physical activity levels
- b) increased physical activity levels
- c) decreased fitness levels
- d) increased fitness levels

Q7

Which of the following is a relative contraindication to exercise for the ante natal client? (1 mark)

- a) Ruptured membranes
- b) Incompetent cervix
- c) Severe anaemia
- d) Persistent second or third trimester bleeding

Q8

Before the post natal check clients should avoid which of the following exercises? (1 mark)

- a) Pelvic floor exercises
- b) Lying abductor leg raises
- c) Brisk walking
- d) Abdominal curls

Q9

Which of the following methods would best manage risk when stretching in week 27 of pregnancy? (1 mark)

- a) Using an aid to balance
- b) Avoiding stretches altogether
- c) Holding stretches for 30 seconds
- d) Sitting on a stability ball

Q10

A post natal diet should be balanced because nutrients may be passed from the (1 mark)

- a) baby to the mother via the placenta
- b) mother to the baby via breast milk
- c) mother to the baby via the placenta
- d) baby to the mother via breast milk