

# GC Practice Test Questions and Answers

## 1. How does Gyrotonic training improve body mechanics?

- A) By focusing only on upper body strength
- B) By strengthening the core and improving stability
- C) By restricting movement to linear patterns
- D) By minimizing flexibility exercises

## 2. How should a Gyrotonic studio store client records?

- A) Only in the instructor's personal memory
- B) Securely, with access restricted to authorized staff and in compliance with privacy regulations
- C) Publicly on the studio's website for client review
- D) Discarded after each session to save space

## 3. What role does flexibility play in injury prevention?

- A) It has no effect on injury risk
- B) It reduces muscle stiffness and enhances mobility
- C) It increases muscle tension
- D) It should be ignored in training

## 4. Why is breath control important in Gyrotonic exercises?

- A) It has no effect on movement
- B) It enhances fluidity and coordination
- C) It is only necessary for relaxation
- D) It restricts movement patterns

**Answers: 1-B 2-B 3-B 4-B**

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