

PWR Practice Test Questions and Answers

1. Why is trunk rotation emphasized in PWR!Moves?

- A) To increase arm strength.
- B) To relieve neck pain.
- C) To improve posture and coordinated movement
- D) To promote sleep.

2. In PWR practice, what happens when regulations are updated?

- A) Previous certifications are revoked
- B) Professionals must update knowledge and practices to meet new requirements
- C) Changes apply only to new professionals
- D) Existing professionals are grandfathered in

3. What is the focus of the 'PWR! Step' movement in PWR!Moves?

- A) Improving upper body strength.
- B) Encouraging immobility.
- C) Enhancing gait and weight shifting
- D) Promoting muscle relaxation only.

4. In PWR practice, what happens when regulations are updated?

- A) Previous certifications are revoked
- B) Professionals must update knowledge and practices to meet new requirements
- C) Changes apply only to new professionals
- D) Existing professionals are grandfathered in

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

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