

Parkinsons Wellness Recovery Moves Certification Practice Test Questions and Answers

1. What is the primary focus of PWR!Moves in Parkinson's disease management?

- A) Medication management only
- B) Evidence-based exercise techniques targeting amplitude, speed, balance, and coordination
- C) Social activities exclusively
- D) Dietary modifications only

2. Which exercise principle is most important in PWR!Moves training for Parkinson's patients?

- A) Low-intensity movements only
- B) High-amplitude, intentional movements performed with maximum effort and attention
- C) Rapid, uncontrolled movements
- D) Passive stretching exclusively

3. What are the four core PWR!Moves that address fundamental movement patterns?

- A) Walking, talking, eating, sleeping
- B) PWR!Up (axial mobility), PWR!Rock (weight shifting), PWR!Twist (rotation), PWR!Step (stepping patterns)
- C) Sitting, standing, lying, resting
- D) Breathing, stretching, lifting, bending

4. How should PWR!Moves instructors adapt exercises for different stages of Parkinson's disease?

- A) Use identical exercises for all participants
- B) Modify complexity, support, and intensity based on individual abilities and disease progression
- C) Only work with early-stage patients
- D) Avoid any exercise modifications

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

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