

APE Student Assistant Training Manual Quiz

- 1. Paid Exercise Assistants must be enrolled as a student in a minimum of how many De Anza College units?**
 - a. 0 units**
 - b. 4 units**
 - c. 6 units**
 - d. 12 units**

- 2. Assistants should notify the instructor or Larry Bloom if?**
 - a. you must leave the classroom**
 - b. miss your classroom assignment**
 - c. be late for an assignment**
 - d. you are ill and can not make your assignment**
 - e. all the above**

- 3. If you use exercise equipment with a student, when finished you should?**
 - a. leave it for someone else to put away**
 - b. the instructor will take care of it**
 - c. put it back where and how you originally found it**
 - d. leave it for the night janitor to clean up and put away**

- 4. As an Exercise Assistant you should not?**
 - a. be positive and encouraging**
 - b. predict student outcomes and give students a prognosis**
 - c. communicate with the instructor and staff any questions or concerns**
 - d. accept your assignments willingly and with a good attitude**

- 5. When is it allowable to work on anyone, including other assistants, not enrolled in the APE class?**
 - a. when the instructor gives their expressed permission**
 - b. when you have nothing else to do**
 - c. when a friend asks for a stretch**
 - d. when you don't want to work with the student you are assigned to**

- 6. Unless the instructor gives permission, you should not?**
- a. walk on a treadmill**
 - b. play the Wii**
 - c. use the weight equipment**
 - d. borrow equipment from the middle room**
 - e. all the above**
- 7. Who decides which students the Exercise Assistant will be assigned to?**
- a. the first student to ask you**
 - b. another assistant**
 - c. you choose who you would like to work with**
 - d. it is the APE instructor's responsibility**
- 8. Exercise Assistants are not expected to help a student and should refer to the instructor if asked by a student to help?**
- a. go to the bathroom or to take a shower**
 - b. get dressed**
 - c. administer medications or install or remove catheters or other medical devices**
 - d. assist students with anything outside the scope of Exercise Assistant responsibilities**
 - e. all the above**
- 9. Who approves changes to be made to a student's exercise program?**
- a. the student makes those decisions**
 - b. the assistant can make changes**
 - c. the instructor must be informed of possible changes and give prior approval**
 - d. the student does what ever they want**
- 10. In the case of a classroom emergency, what is not true?**
- a. the faculty and staff are in charge**
 - b. it is the responsibility of the faculty and staff to handle all first aid and fluid spills**
 - c. the faculty and staff have gone through training to handle emergency situations**
 - d. an Exercise Assistant may be asked to carry out a directive by the instructor or staff**
 - e. an Exercise Assistant should initiate emergency procedures**