1. The increasing need for welfare institutions in China has resulted from:
   A. chronic illness.
   B. changed family structure.
   C. available insurance.
   D. requests from older adults.

2. A factor preventing older adults from participating in exercise is:
   A. sensing a lack of time.
   B. perceived poor physical condition.
   C. recognizing the benefit of exercise.
   D. understanding the value of education.

3. The authors state that living a sedentary lifestyle results in:
   A. declining physical function.
   B. increasing cognitive function.
   C. delayed emotional response.
   D. improving quality of life.

4. A safety concern nurses should consider for older adults during exercise is:
   A. disinterest.
   B. hypertension.
   C. hydration.
   D. falls.

5. Participants were screened for cognitive function using the:
   A. International Physical Activity Questionnaire.
   B. Mini-Mental State Examination.
   C. Exercise Benefits Scale.
   D. Go4Life Aging Scale.

6. The educational intervention in the study was:
   A. telephone follow up.
   B. story boards.
   C. reading case stories.
   D. group discussion.
7. A limitation of the study was:
   A. no control group.
   B. lack of an exercise goal.
   C. a quasiexperimental design.
   D. a convenience sampling.

8. Prior to the intervention, a perceived **barrier** to exercise was:
   A. exercise tolerance.
   B. time commitment.
   C. family attitude.
   D. physical performance.

9. Following the intervention, the greatest **benefit** to exercise perceived by the participants was:
   A. social interaction.
   B. physical performance.
   C. psychological outlook.
   D. life enhancement.

10. Following the intervention, the greatest **barrier** to exercise perceived by the participants was:
    A. exercise tolerance.
    B. physical exertion.
    C. time commitment.
    D. family attitude.

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**CNE Answers**

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