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 cannot 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 whatever 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