

Participant code: _____

Score: _____

BUILDING A HEALTHY START:
Professional Development for Caregivers of Infants and Toddlers
Module 2: Promoting Physical Activity for Infants and Toddlers in Early Childhood Settings

Pre-Test

Date of training: _____ Trainer: _____

1. Infants should experience interactive movement with caregivers several times each day.
a. True b. False
2. Infants develop control of muscles in their arms and legs before their core muscles (hips, shoulders) develop.
a. True b. False
3. Appropriate physical activity for infants is any movement that allows them to safely see new sights, wiggle, and explore.
a. True b. False
4. An appropriate way to promote physical development is to put mobiles and toys in the infant's crib.
a. True b. False
5. When outdoors, avoid exposing infants to direct and reflected sunlight.
a. True b. False
6. Toddlers should have at least 30 minutes of structured (adult-directed) play and up to several hours of free play each day.
a. True b. False
7. An appropriate physical activity is to imitate animal movements while reading a story about animals.
a. True b. False
8. Organized games and sports (such as soccer) are appropriate for toddlers and help their physical development.
a. True b. False
9. Toddlers have little skill in maneuvering their bodies, and often bump into other children or objects.
a. True b. False
10. Screen-time such as television, video, and game pads are beneficial for children under age two years.
a. True b. False

Participant code: _____

Score: _____

**BUILDING A HEALTHY START:
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Post-Test

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