**FALL RISK REDUCTION COACHING**

Module 1 Post Test Questions

1. Among older adults (65 or older) falls are the leading cause of injury death.

True or False

1. Balance and ambulation is an automatic task and requires no attentional resources.

True or False

1. Balance strategies do not vary between populations.

True or False

1. It is important for effective balance related treatments to address attentional resourses as well as balance reactions.

True or False

1. Movement requires:
2. Directed attention
3. Changes in muscle length over time
4. Muscle activations require timing on the order of tens of milliseconds
5. All of the above