**GERONTOLOGY I**

1. Which of the following is true concerning gerontology as a field of study?
   1. Is concerned with the diagnosis, treatment and prevention of disease in older people.
   2. **Is concerned with the factors that impact and influence the ageing process, including biological and psychosocial factors.**
   3. Is concerned with prevention of disease in old age.
   4. None of the above is correct.
2. Which of the following correctly describes population ageing?
   1. It refers to the increase in the proportion of children and young and the decrease in the proportion of people aged 60 and over.
   2. **It refers to the decrease in the proportion of children and young and an increase in the proportion of people aged 60 and over.**
   3. It refers to how people in particular countries become old.
   4. It refers to the rate of increase of people aged 60 and over worldwide
3. Active ageing refers to?
   1. The ability to be physically active
   2. The ability to maintain employment
   3. **Continuing participation in social, economic, cultural and spiritual as well as civic affairs**
   4. Aging at a fast rate
4. The quality of life led by older people is largely dependent on?
   1. **Risks and opportunities they experienced in course of their life.**
   2. Assistance and support they receive from family members and neighbors.
   3. Having autonomy and independence socially and being economically self sufficient.
   4. All of the above are correct.
5. Which of the following is the leading cause of the disease burden in both sexes among people aged 45 and over?
   1. Nutritional deficiencies
   2. Communicable diseases
   3. **Non-communicable diseases**
   4. Injuries
6. Which of the following is **not** a modifiable risk factor for developing non-communicable disease in old age?
   1. Smoking tobacco
   2. Sedentary behaviour
   3. Inadequate diet
   4. **Disability**
7. The risk for chronic disease such as diabetes mellitus or coronary heart disease is shaped and modified by experiences across the life span such as injury, disease, inactivity and drug abuse as well as poverty. When can these factors be addressed to prevent development of disease?
   1. **Throughout the lifespan**
   2. In the 2nd decade of life
   3. Only in middle age
   4. None of the above is correct.
8. Which of the following is not an age-friendly contributor to enablement of old people?
   1. Barrier-free work environments
   2. Flexible work hours and part-time work
   3. **High cost of primary healthcare services**
   4. Cataract surgery
9. Which of the following is true concerning women in African households?
   1. **Majority often experience domestic violence**
   2. Majority access education, employment and inheritance
   3. Majority access nutritious food and quality healthcare
   4. Majority participate in civic affairs
10. Majority of women Worldwide spend the longest part of their lifetime providing care to their family members and close relatives. Which of the following is the consequence of this care giving that impact over their later life?
    1. **Poverty and poor health**
    2. Divorce
    3. Inheritance
    4. Health gain and independence
11. What is the impact of early retirement on a nation?
    1. **Decreased ability to provide social protection in old age**
    2. Improved revenue base and wealth creation.
    3. Increased job opportunities for the youth.
    4. Increases intergenerational solidarity and cohesion in its society.
12. Which of the following strategies has potential to impact negatively on an ageing population if not implemented?
    1. Keeping low the risk factors for chronic diseases and functional decline while protective factors are kept high.
    2. Provision of accessible employment, education, health and social services without discrimination on gender, age or race.
    3. Provision of social, financial and physical security.
    4. **All of the above are correct.**
13. Signs of Parkinson’s disease seen among older people are explained by?
    1. **Decrease of neurons in the central nervous system (CNS)**
    2. Injury to the CNS
    3. Insults that damage the system (CNS) e.g. radiation, infection, foods, toxins etc
    4. All of the above
14. Which of the following statements is true about physical activity in old age?
    1. Lost fitness can be regained with regular physical activity
    2. Lack of regular physical activity is associated with a high prevalence of depression
    3. Improves muscle strength which can increase biological age by between 10-20 years
    4. **All the above are correct**
15. Which of the following is **not** a physiological benefit of physical activity intervention in the elderly?
    1. Reduces blood: pressure and cholesterol.
    2. Reduces insulin resistance and endurance
    3. Increases muscle strength, bone density and aerobic power
    4. **Promotes persons self-efficacy to exercise**
16. Which of the following is not a characteristic of elderly people that limit performance?
    1. Low capacity for exercise
    2. Medications
    3. Chronic conditions, gender and ethnicity
    4. **None of the above**
17. You have been contracted by Nyali Gymnasium to counsel and develop exercise programs to its members most of whom are retired executives. Which of the following parameters would form a basis of your action?
    1. Blood pressure
    2. Pulse rate and rhythm
    3. Body weight and cholesterol level
    4. **All of the above are correct.**
18. You are under pressure from the management and the group of elderly people attending the local gymnasium to enhance their exercise programs to high intensity conditioning exercises. Which of the following physical examinations is unnecessary to subject them to?
    1. Renal and hepatic functions
    2. Full haemogram and electrocardiogram
    3. **Walking**
    4. None of the above
19. Which of the following is not a social benefit for engaging in physical activity?
    1. Helps one to remain independent and socially active
    2. Reduces the risk of isolation from society
    3. Maintains family contacts and widens social networks
    4. **Improves cognition and mood**
20. Which of the following is **not** true about primary causes of ageing?
    1. It leads to a loss of function in a specific system
    2. **It leads to a decline in function in a specific system**
    3. It is not within human control
    4. Is genetically determined