

1. At a school-level, several activities have been proposed that aim to foster physical activity participation. The basic components of these programs suggest schools should:
  - a) Promote physical education
  - b) Involve teachers
  - c) Involve parents
  - d) All of the above
  
2. At a school-level, several activities have been proposed that aim to foster physical activity participation. The basic components of these programs suggest schools should:
  - a) Provide physical activity during recess
  - b) Provide opportunities for physical activity before and after the school hours
  - c) Inform students on the benefits of physical activity
  - d) All of the above
  
3. Schools can involve parents in the promotion of physical activity by
  - a) Including them as coaches or mentors for physical activity
  - b) Forcing them to take part in physical activities
  - c) Asking them to stop buying laptops, tablets and smartphones to their children
  - d) Allowing them to participate in the physical education lesson
  
4. Teachers can integrate physical activity in their lessons by
  - a) Organizing physical activity challenges during the lesson
  - b) Organizing 'wake and shake' activities during the lesson
  - c) Establishing physical activity corners
  - d) All of the above
  
5. Community-level activities that have been proposed include:
  - a) Provide opportunities for physical activity before and after school
  - b) Integrate physical activities into the teaching of school subjects
  - c) Joint physical activity events with schools
  - d) Involve teachers in physical activity

Answers:

1d

2d

3a

4d

5c