

FITCO Practice Test Questions and Answers

1. What is scope creep?

- A) Uncontrolled expansion of project scope without corresponding adjustments
- B) A normal part of every project
- C) The planned addition of new features
- D) A type of project risk assessment

2. What is dynamic stretching?

- A) Holding a stretched position for 30 seconds
- B) Using bouncing movements to extend range of motion
- C) Moving a limb through its range of motion in a controlled, repetitive manner
- D) Contracting a muscle then immediately stretching it

3. What is formative assessment?

- A) Ongoing evaluation used to monitor student learning and guide instruction
- B) A final exam given at the end of a course
- C) A standardized test required by the state
- D) Assessment used only for grading purposes

4. What is scaffolding in education?

- A) Providing temporary support that is gradually removed as students gain competence
- B) Building physical structures for classroom displays
- C) Permanent assistance for struggling students
- D) A seating arrangement strategy

Answers: 1-A 2-C 3-A 4-A

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