

# Module 7

## Topic 4

### Quiz

Multiple Choice: Choose the best answer.

- \_\_\_ 1. Circadian rhythm fatigue is a result of
  - a. lack of sleep
  - b. too much mental work
  - c. too much physical work
  - d. the body's natural "down time"
  
- \_\_\_ 2. The best remedy for driving fatigue is
  - a. fresh air
  - b. rest
  - c. loud music
  - d. coffee
  
- \_\_\_ 3. The most common group of drivers who commit road rage is
  - a. 25-35 year old males
  - b. 18-26 year old males
  - c. 16-20 year olds (regardless of gender)
  - d. 45-55 year old males
  
- \_\_\_ 4. The trigger for aggressive driving is most often
  - a. traffic lights
  - b. inclement weather
  - c. traffic congestion
  - d. other drivers
  
- \_\_\_ 5. Which of the following is NOT a good method of handling an aggressive driver?
  - a. keep plenty of space between you and the aggressive driver.
  - b. use you horn to alert him/her of your presence.
  - c. drive to a police station or an area with people
  - d. if you have a cell phone, use it to call the police.

**TRUE/FALSE**

- 1. Young people do not need to concern themselves with fatigue and driving as their energy level is higher than older people.
- 2. You can get a ticket in Virginia for aggressive driving.
- 3. If you see others making driving errors, you should point out the mistakes to them.
- 4. There are fewer occurrences of aggressive driving on secondary roadways.
- 5. Aggressive driving and road rage are the same thing.