

CPD questionnaires must be completed online via www.cpdjournals.co.za.

After submission you can check the answers and print your certificate.

1. True (A) or false (B):

The 2007 American College of Sports Medicine Position Stand on Exercise and Fluid Replacement warns athletes not to lose >2% body weight during exercise as it may adversely affect performance.

2. True (A) or false (B):

The fastest runners in a marathon usually lose the least weight during a race.

3. True (A) or false (B):

Signs and symptoms of hyponatraemia include nausea, vomiting, confusion, and headache.

4. True (A) or false (B):

Runners who become dehydrated during a race, face the risk of hyponatraemia.

5. True (A) or false (B):

Compared with other countries, there is a very high incidence of hyponatraemia in marathon runners in South Africa.

6. True (A) or false (B):

There are several validated questionnaires for the purpose of measuring and reporting physical activity levels in South African children.

7. True (A) or false (B):

The average energy expenditure of South African children is about 1 200 cal/day.

8. True (A) or false (B):

In the absence of either medical or obstetric complications, all pregnant women should be encouraged to participate in aerobic and strength-conditioning training at a moderate intensity, on most, if not all, days of the week.

9. True (A) or false (B):

Pelvic floor exercises in the immediate post-partum period may reduce the risk of future urinary incontinence.

10. True (A) or false (B):

Vitamin D can be absorbed throughout the year in the United Kingdom.

11. True (A) or false (B):

Dark-skinned individuals usually have high levels of vitamin D production.

12. True (A) or false (B):

In addition to melanin content, social behaviours such as sun exposure and clothing should also be considered when reviewing an athlete's risk of developing vitamin D deficiency.

13. True (A) or false (B):

The application of sun cream does not increase the risk of developing vitamin D deficiency.

14. True (A) or false (B):

Popliteal artery entrapment syndrome (PAES) is a very common cause of exercise-induced pain in the lower extremity of young athletes.

15. True (A) or false (B):

PAES is a partial or complete occlusion of the popliteal artery as a result of aberrant anatomy in the popliteal fossa.

16. True (A) or false (B):

PAES usually affects females older than 65 years.

17. True (A) or false (B):

Players of Rugby Union have a risk of injury of about 2 injuries per 1 000 hours of exposure.

18. True (A) or false (B):

The risk of injury in Rugby Union decreases with increasing age and level/grade.

19. True (A) or false (B):

Nearly all the players who were injured at the youth rugby tournaments had medical insurance.

20. True (A) or false (B):

Whole body vibration (WBV) is a current neuromuscular training method, which even at a low intensity provokes muscle length changes that stimulate the sensory receptor of the muscle spindle.

INSTRUCTIONS

1. Read the journal. All the answers will be found there.
2. Go to www.cpdjournals.co.za to answer questions.

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