

SAJSM QUESTIONS MARCH 2011

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

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

Questions may be answered up to 6 months after publication of each issue.

1. True (A) or false (B) – click on the correct answer:
Managing chronic diseases of lifestyle falls beyond the scope of practice of biokinetics.
2. True (A) or false (B) – click on the correct answer:
In developed countries, physical inactivity is associated with less than 7% of deaths.
3. True (A) or false (B) – click on the correct answer:
Approximately 500 new biokineticists are trained each year in South Africa.
4. True (A) or false (B) – click on the correct answer:
Less than 5% of South Africans with a monthly income above R2 785 utilise primary health care.
5. True (A) or false (B) – click on the correct answer:
There is no further capacity for using exercise as a modality to treat chronic diseases of lifestyle in the private health care sector of South Africa.
6. True (A) or false (B) – click on the correct answer:
Although athletes with spinal cord injuries thermoregulate in a similar manner to able-bodied athletes, they tend to store slightly more heat.
7. True (A) or false (B) – click on the correct answer:
Three days of repeated endurance sub-maximal mountain biking disrupts the sleep of the mountain bikers on the third night of cycling.
8. True (A) or false (B) – click on the correct answer:
Variables such as age, gender, body mass and fitness all influence the relationship between exercise and sleep.
9. True (A) or false (B) – click on the correct answer:
Actigraphy is the gold standard method for measuring quality of sleep.
10. True (A) or false (B) – click on the correct answer:
Objective and subjective measures of sleep quality are similar, therefore it is not necessary to use both methods in research with quality of sleep as an outcome measure.
11. True (A) or false (B) – click on the correct answer:
Because muscle glycogen is the main fuel during intense exercise, replenishing muscle glycogen stores in the post-exercise period is an important factor influencing recovery and performance.
12. True (A) or false (B) – click on the correct answer:
Muscle glycogen resynthesis is accelerated for up to 24 hours after exercise.
13. True (A) or false (B) – click on the correct answer:
After a glycogen-depleting bout of exercise, glycogen resynthesis occurs in two phases. The first of these phases is dependent on the presence of insulin.
14. True (A) or false (B) – click on the correct answer:
A recovery meal consumed within 2 hours after exercise is more effective for improving recovery than no feeding.
15. True (A) or false (B) – click on the correct answer:
Protein contributes an estimated 40% of total energy expenditure during endurance exercise.
16. True (A) or false (B) – click on the correct answer:
Plain yoghurt is an effective, but lower-cost, recovery aid due to a CHO:PRO ratio which is similar to many commercial recovery and carbohydrate-replacement beverages.
17. True (A) or false (B) – click on the correct answer:
Although research studies suggest that post-exercise recovery beverages containing protein seem to be effective in improving recovery indices, it may be argued that some of the results may be attributed to the higher caloric content of the CHO:PRO supplements.
18. True (A) or false (B) – click on the correct answer:
Patients with peripheral arterial disease should avoid exercise.
19. True (A) or false (B) – click on the correct answer:
Patients with peripheral vascular disease and control patients have similar concentrations of circulating lactate in skeletal muscle coinciding with maximal exercise capacity.
20. True (A) or false (B) – click on the correct answer:
Reporting a 'mean' response following an intervention may fail to convey the individual variation which exists in a group. This may result in misleading interpretation of the intervention.

INSTRUCTIONS

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

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