

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:
Only 20% of the schoolboys in Johannesburg who were surveyed believed that the use of 'performance-enhancing substances' was increasing among their peers.
2. True (A) or false (B) – click on the correct answer:
According to a survey of schoolboys, most of the information about performance-enhancing substances is obtained from the internet.
3. True (A) or false (B) – click on the correct answer:
The South African Institute for Drug-Free Sport (SAIDS) is one of the many signatories that complies with the prohibited list of substances of the World Anti-Doping Agency (WADA).
4. True (A) or false (B) – click on the correct answer:
'The pressure to perform in sport' was the reason given by schoolboys when they were asked why they used performance-enhancing substances.
5. True (A) or false (B) – click on the correct answer:
The Commonwealth Games will be held in Delhi (India) in 2010.
6. True (A) or false (B) – click on the correct answer:
According to a forecasting study, South Africa will get up to 5 gold medals and 62 medals in total at the 2010 Commonwealth Games.
7. True (A) or false (B) – click on the correct answer:
Athletics and swimming accounted for 50% of all medals won by South Africa in the Commonwealth Games in Melbourne 2006.
8. True (A) or false (B) – click on the correct answer:
The magnitude of confidence intervals around calculated injury rates will be artificially narrow if recurrent injuries are not considered in the analysis.
9. True (A) or false (B) – click on the correct answer:
Genetic factors have been identified as intrinsic risk factors in chronic Achilles tendinopathy.
10. True (A) or false (B) – click on the correct answer:
Studies investigating the interaction between genetic variables and injury do not need to consider age in their research design.
11. True (A) or false (B) – click on the correct answer:
Sternal stress fractures are common injuries in young gymnasts.
12. True (A) or false (B) – click on the correct answer:
Forty-five per cent of all stress fractures in gymnasts involve the pars interarticularis, because of considerable stress on the lower back as a result of repetitive flexion, hyperextension, rotation and compressive loading of the spine on landings.
13. True (A) or false (B) – click on the correct answer:
The majority of stress fractures in gymnasts occur during competition, rather than during practice.
14. True (A) or false (B) – click on the correct answer:
In order to incur health benefits, it is more important to be lean rather than be physically fit.
15. True (A) or false (B) – click on the correct answer:
Individuals engaging in a standardised, supervised exercise programme have been shown to have very similar adaptive responses.
16. True (A) or false (B) – click on the correct answer:
'Non-responders' to a 12-week aerobic training programme experienced a statistically significant mean reduction in body weight from week 0 to week 12.
17. True (A) or false (B) – click on the correct answer:
Exercise-induced improvements in blood pressure have been shown to be least effective in individuals classified as hypertensive at baseline.
18. True (A) or false (B) – click on the correct answer:
Some individuals may be resistant to exercise-induced weight loss because of strong physiological compensatory processes.
19. True (A) or false (B) – click on the correct answer:
Waist circumference has been shown to be a better marker of response to exercise than BMI.
20. True (A) or false (B) – click on the correct answer:
The physiological and psychological benefits of exercise are dependent on weight loss.

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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