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.