

# ACE Certified News

## Continuing Education Self-test

To earn 0.1 continuing education credits (CECs), you must carefully read this issue of *ACE Certified News*, answer the 10 questions below, achieve a passing score (a minimum of 70 percent), and complete and return the credit verification form below, confirming that you have read the materials and achieved a minimum passing score. In a hurry? Take the quiz online at [www.acefitness.org/cnquiz](http://www.acefitness.org/cnquiz) for instant access to CECs.

Circle the single best answer for each of the following questions.

- Eighty-five percent of ankle sprains \_\_\_\_\_.  
A. Occur during sports activities  
B. Are to the lateral structures of the ankle  
C. Require immediate medical assistance  
D. Are to the medial deltoid ligament
- Which of the following is **NOT** an established risk factor for pancreatic cancer?  
A. Smoking      C. Family history  
B. Obesity      D. Inactivity
- Exercise can benefit individuals suffering from drug-induced depression because it \_\_\_\_\_.  
A. Provides the individual with a healthy addiction  
B. Facilitates the release of dopamine and serotonin  
C. Creates a negative energy balance  
D. Reduces the need for medication
- Which of the following is associated with an increased risk of pancreatic cancer?  
A. Caffeine  
B. Red meat  
C. Sugar  
D. Alcohol
- Individuals diagnosed with pancreatic cancer generally have a five-year survival rate of \_\_\_\_\_ and a one-year survival rate of \_\_\_\_\_.  
A. 5 percent; 20 percent  
B. 10 percent; 25 percent  
C. 20 percent; 40 percent  
D. 25 percent; 50 percent
- Scientists are still trying to understand the mechanisms of addiction, which is why recovery programs \_\_\_\_\_.  
A. Should be standardized to help as many people as possible  
B. Have very little chance of actually helping the addicted individual  
C. Should be tailored to the individual  
D. Should be administered by physicians or trained researchers
- Which of the following is **NOT** considered an extrinsic risk factor for plantar fasciitis?  
A. Overtraining  
B. Obesity  
C. Improper shoe wear  
D. High arches
- Which of the following describes a Grade II ankle sprain?  
A. Pain and mild swelling; tolerable weightbearing  
B. Severe pain and swelling; limited weightbearing  
C. Swelling and discoloration; complete tear of one or more ligaments  
D. Rapid and severe pain; no weightbearing
- Which of the following is **NOT** a mistake commonly made by indoor cycling instructors?  
A. One-legged cycling  
B. Out-of-control cadences  
C. Pedaling out of the seat  
D. Isolations
- A study examining the effects of resistance and aerobic exercise on hunger and appetite suggests that \_\_\_\_\_.  
A. Aerobic exercise is more effective in reducing appetite  
B. Resistance exercise is more effective in reducing appetite  
C. Aerobic and resistance exercise reduce appetite equally  
D. Aerobic and resistance exercise are ineffective in reducing appetite

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I attest that I have read the articles in this issue, answered the test questions using the knowledge gained through those articles and received a passing grade (minimum score: 70 percent). Completing this self-test with a passing score will earn you 0.1 continuing education credit (CEC).

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