

ACE Certified News

Continuing Education Self-test

CEC QUIZ
OCT / NOV 2009

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 for instant access to CECs.

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

- An estimated ____ percent of people age 70 to 90 show orthopedic injury after 1 RM training, whereas ____ percent showed injuries following moderate-intensity resistance training (RT).
A. 40; 30
B. 30; 15
C. 20; 8
D. 10; 6
- Professional liability insurance covers _____.
A. Property damage claims
B. Personal injury lawsuits involving slander
C. Claims against false advertising
D. Client injuries due to your alleged negligence
- Which of the following statements about GXTs is **NOT** true?
A. GXTs may be less accurate for women than for men.
B. All clients over age 40 should be referred for a physician-supervised GXT.
C. GXTs should not be considered the final diagnostic word.
D. The chance of a false positive is 10 percent in men and 20–30 percent in women.
- A “nutritionist” _____.
A. Is an individual who has completed a year-long internship and passed a national registration exam.
B. Has completed 75 hours of continuing professional education every five years.
C. Is a term that is not protected by law in almost all countries.
D. Is an accredited title that gives a person legal permission to offer nutrition advice.
- Which of the following is **NOT** considered a known risk of high-intensity resistance training?
A. Increased blood pressure
B. Increased risk of orthopedic injuries
C. Aortic dissection
D. Abnormal chronotropic index
- A recent study of patients with chronic heart failure revealed that _____.
A. Patients who exercised were less likely to be hospitalized for any reason.
B. Exercise had no effect on patient's quality of life.
C. Those in the exercise group had a 15 percent lower risk of death or heart-failure hospitalization.
D. Exercise was not well-tolerated by most patients.
- As a certified fitness professional, which of the following would **NOT** be considered within your scope of practice?
A. Educating clients about portion sizes.
B. Teaching clients how to read food labels.
C. Learning about supplements.
D. Recommending specific diets.
- Which of the following would **NOT** necessarily increase your chances of having a lawsuit brought against you?
A. Taking a variety of continuing education courses.
B. Working at a gym with poor facilities.
C. Not communicating effectively.
D. Being unaware of your clients' health histories.
- Which of the following is **NOT** one of the three physiological events that occurs following resistance training exercise?
A. Increase in blood flow and oxygen
B. Growth hormone secretion
C. Production of reactive oxygen species
D. Recruitment of additional muscle fibers
- Which of the following is **NOT** part of the American Heart Association's exercise guidelines for individuals with chronic heart failure?
A. Avoid resistance training.
B. Include a prolonged warm-up and cool-down.
C. Aim for a perceived exertion rating of “somewhat hard.”
D. Go for walks on non-training days.

Evaluation of credit offering:

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- Was material presented clearly? Yes No
- Was material covered adequately? Yes No
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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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