SAJSM QUESTIONS OCTOBER 2011

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

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

- 1. True (A) or false (B) click on the correct answer: About 13% of all the papers published in leading medical journals are clinical case studies.
- 2. True (A) or false (B) click on the correct answer: The condition of HIV was first reported in a case study.
- 3. True (A) or false (B) click on the correct answer: Diagnosis in sports and exercise medicine involves a complex art of recognising patterns of illness and injury whose signs and symptoms are consistent from case to case.
- 4. True (A) or false (B) click on the correct answer: Hamstring muscle injuries are one of the most common injuries sustained by jumping and sprinting athletes.
- 5. True (A) or false (B) click on the correct answer: The average time it takes an athlete with a muscle tear to return to sport is about 56 days.
- 6. True (A) or false (B) click on the correct answer: One of the most difficult functions of the team physician is to make the decision regarding ongoing participation following injury.
- 7. True (A) or false (B) click on the correct answer: Disordered eating patterns and menstrual disorders are more frequent in sedentary compared to active females.
- 8. True (A) or false (B) click on the correct answer: Pathogenic body weight control behaviours (such as restrictive eating, fasting, use of diet pills, laxatives and diuretics) can result in clinical eating disorders.
- 9. True (A) or false (B) click on the correct answer: Top netball players in South Africa have a low risk for disordered eating behaviour, menstrual irregularities and secondary amenorrhoea.
- 10. True (A) or false (B) click on the correct answer: **Arthritis** is one of the main causes of disability.

- 11. True (A) or false (B) click on the correct answer: Rheumatoid arthritis is the least common type of chronic inflammatory arthritis.
- 12. True (A) or false (B) click on the correct answer: Rheumatoid arthritis only affects the small joints in the hands.
- 13. True (A) or false (B) click on the correct answer: The primary goal of exercise therapy for rheumatoid arthritis is to improve joint mobility, muscle strength and aerobic and functional capacity.
- 14. True (A) or false (B) click on the correct answer: About 80% of the South African triathletes surveyed in a recent study consumed some form of a CHO supplementation.
- 15. True (A) or false (B) click on the correct answer: Most of the South African triathletes surveyed in a recent study had a very low habitual fat intake.
- 16. True (A) or false (B) click on the correct answer: Over 90% of the South African triathletes surveyed in a recent study used dietary supplements.
- 17. True (A) or false (B) click on the correct answer: Kinesthesia, balance and agility exercise (KBA) is a neuromuscular training programme designed to improve dynamic joint stability and neuromuscular control.
- 18. True (A) or false (B) click on the correct answer: In the United States radiographic knee osteoarthritis is estimated to be present in 37% of people over 60 years of age, with symptomatic knee osteoarthritis affecting 12% of that age group.
- 19. True (A) or false (B) click on the correct answer: The overall injury rates for musculoskeletal injuries are lower for athletes with a disability compared with athletes without physical disability.
- 20. True (A) or false (B) click on the correct answer: The eating disorder inventory is a self-reported measure designed to assess attitudes, feelings and behaviours typically associated with eating disorders and has been found to be a suitable screening instrument for eating disorders in a non-clinical setting.

INSTRUCTIONS

- $1. \ Read$ the journal. All the answers will be found there.
- 2. Go to www.cpdjournals.co.za to answer questions.

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