

Quiz Policies

Eligibility

The NCSF online quizzes are open to any currently certified fitness professional, 18 years or older.

Deadlines

Course completion deadlines correspond with the NCSF Certified Professionals certification expiration date. Students can obtain their expiration dates by reviewing either their certification diploma or certification ID card.

Cancellation/Refund

All NCSF continued education course studies are non-refundable.

General Quiz Rules

- You may not have your quiz back after sending it in.
- Individuals can only take a specific quiz once for continued education units.
- Impersonation of another candidate will result in disqualification from the program without refund.

Disqualification

If disqualified for any of the above-mentioned reasons you may appeal the decision in writing within two weeks of the disqualification date.

Reporting Policy

You will receive your scores within 4 weeks following the quiz. If you do not receive the results after 4 weeks please contact the NCSF Certifying Agency.

Re-testing Procedure

Students who do not successfully pass an online quiz have the option of re-taking. The fees associated with this procedure total \$15 (U.S) per request. There are no limits as to the number of times a student may re-test.

Special Needs

If special needs are required to take the quiz please contact the NCSF so that appropriate measures can be taken for your consideration.

Quiz Rules

What Do I Mail Back to the NCSF?

Students are required to submit the quiz answer form.

What do I Need to Score on the Quiz?

In order to gain the .5 NCSF continued education units students need to score 80% (8 out of 10) or greater on the CEU quiz.

Where Do I Mail My Quiz Answer Form?

You will mail your completed answer form to:

NCSF

Attn: Dept. of Continuing Education

5915 Ponce de Leon Blvd., Suite 60

Coral Gables, FL 33146

How Many CEUs Will I Gain?

Professionals who successfully complete the any continuing education quiz will gain .5 NCSF CEUs per quiz.

How Much does each quiz cost?

Each quiz costs the student \$15.00.

What Will I Receive When The Course Is Completed?

Students who successfully pass any of the NCSF online quizzes will receive their exam scores, and a confirmation letter.

How Many Times Can I Take The Quizzes For CEUs?

Individuals can take each NCSF quiz once for continuing education credits.

Gluten and Celiac Disease

“Gluten-free” is becoming a more popular label descriptor found on many processed foods containing grains. Is gluten something we should be trying to avoid? Gluten is actually a mixture of proteins called prolamine, an insoluble protein constituent of wheat and other grains which allows baked goods to rise. Gluten is found in wheat, rye, and barley making it the common denominator in the majority of grain-based products consumed by Americans including breads, cereals, and pastas.

For most people, gluten goes unnoticed as it passes through the digestive system and is metabolized by the body. But for one in every 150 Americans, gluten does not go unnoticed. Stomach discomfort, pain, gas, bloating, and diarrhea are all symptoms of a condition called gluten intolerance. Gluten intolerance is not actually a food allergy, but rather a genetic intestinal disorder that predisposes individuals to a digestive “malfunction” when gluten-containing products are consumed. In most cases, the discomfort passes without damage, but for those suffering from Celiac Disease (also called celiac sprue, nontropical sprue, and gluten-sensitive enteropathy) the symptoms and outcomes are more serious.

In individuals with celiac disease gluten triggers a response from the body's immune system. Sufferers of celiac disease who consume foods or use products containing gluten cause their immune system to respond by damaging the villi in the small intestines that absorb the nutrients from food. For this reason it's considered a multi-system, multi-symptom autoimmune disease. Medical professionals suggest celiac disease can be genetic and have far-reaching effects.

Celiac disease is linked to malnutrition, which consequentially can cause stunted growth in children and lead to common deficiency disorders such as anemia and osteoporosis. There are also psychological side effects of the disease which include depression and behavioral problems. It is not uncommon for individuals diagnosed with celiac disease to also have other autoimmune conditions, including type I diabetes and rheumatoid arthritis.

Until recently, celiac disease was not considered widespread and was actually classified as rare among Americans. In 2003, a study published in the *Archives of Internal Medicine* suggested this assumption was actually erroneous. The large multi-group study found the presence of celiac disease to be as common as one in every 133 Americans. When groups were isolated by relationship, those with parents, siblings, or children with celiac disease had an increased risk of also developing the disease. Authors suggest that as many as three million Americans may have celiac disease and diagnosis may take up to 12 years. Celiac disease is diagnosed by blood or gut tissue markers but external markers may also indicate the presence of the disease. Symptoms, along with the appearance of an itchy, blistering skin rash called Dermatitis Herpetiformis (DH) is a strong indicator of the disease. Individuals suspecting they may have the disease should consult a physician for testing and diagnosis. Tests used to identify celiac disease include the endomysial antibody and tissue transglutaminase antibody tests. If positive test results occur, physicians will likely conclude with an intestinal biopsy for absolute confirmation. Once diagnosed, a person must remove gluten from the diet. Until the system is completely free of gluten, symptoms will occur. Once the body is no longer exposed to gluten, the small intestine will heal from prior trauma. Similarly, individuals who are gluten intolerant also should avoid gluten to prevent symptoms and related consequences.

Once a person recognizes they are gluten intolerant or have celiac disease, adjustments to the diet can negate the ill consequences of reckless or blind eating. The first step is to avoid gluten-containing products. Those with gluten intolerance should review the ingredients of all foods they consume for wheat, barley, rye, and possibly oats. Other ingredient indicators are flour, self-rising flour, enriched flour, graham flour, durum flour, gluten four, food starch and modified food starch, hydrolyzed vegetable protein (HVP) malt or malt flavorings, or words such as “emulsifier, thickener, or stabilizer.” Obviously, the labeling of gluten-free products identifies that manufacturers recognize the number of persons in the population who experience gluten-related problems and are taking steps to assist in the management of the disorder.

According to the American Dietetic Association, if you are gluten intolerant, adjustments in food choices do not mean sacrificing the enjoyment of eating. One recommendation is to use replacement flours which can help maintain the normalcy of the diet and make baking possible. Flour replacements such as rice, corn, potato, and arrowroot for baking, all are palatable, but each cooks differently; it is important to find recipes specifically designed for these flours. Pastas made from wheat can also be replaced with potatoes, buckwheat, brown rice, wild rice, or different types of beans. The ADA also recommends adding plenty of fruits, vegetables, dairy foods, and protein to one’s eating plan to maintain nutrition and variety.

Processed foods should be heavily scrutinized. The ADA suggests identifying particular types of processed foods which contain symptom-causing agents. Some of these include salad dressings, yogurt drinks, frozen yogurt, cold cut meats, egg substitutes, and beer. If a person is identified as being gluten intolerant it is valuable to refer him or her to a Registered Dietitian. These professionals can provide education and create individualized gluten-free diets that work with specific lifestyles and nutritional needs. The irony of the gluten-free eating plan is it increases healthy foods in the diet such as fruits, vegetables, legumes, and lean proteins like fish. Therefore, individuals who have a physical distaste for gluten can still have a very healthy diet.

Recommended Reading

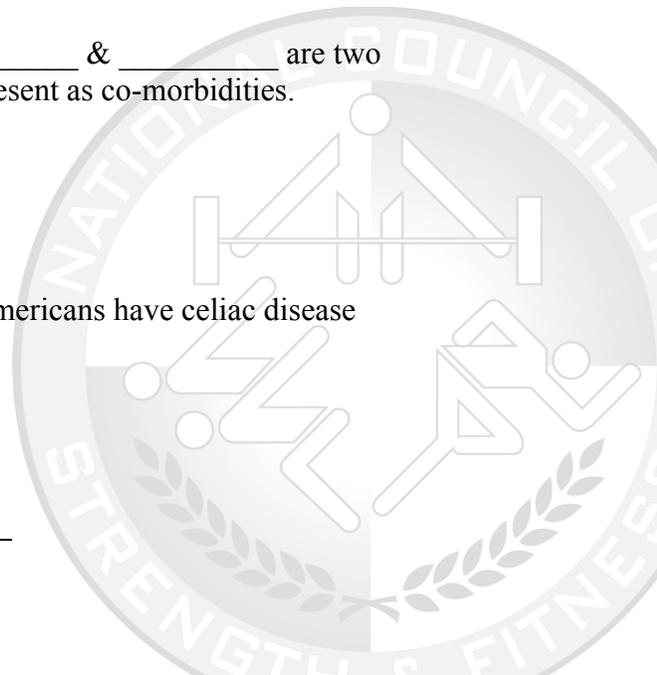
Roberta Larson Duyff, MS, RD, FADA, CFCS - ADA Complete Food and Nutrition Guide, 3rd Edition

Shelley Case, R.D., *Gluten Free Diet: A Comprehensive Resource Guide*.



CEU Quiz

1. Which of the following grains can gluten be found in?
 - a. Wheat
 - b. Rye
 - c. Barley
 - d. All of the above
2. It is estimated that nearly 1 out of every _____ Americans experiences gluten intolerance.
 - a. 20
 - b. 80
 - c. 150
 - d. 250
3. Gluten intolerance is NOT a food allergy. It is actually _____.
 - a. A virus
 - b. A bacterial infection
 - c. A genetic intestinal disorder
 - d. None of the above
4. Celiac Disease is also known as _____.
 - a. Celiac Sprue
 - b. Nontropical Sprue
 - c. Gluten-sensitive Enteropathy
 - d. All of the above
5. When individuals with celiac disease consume _____, the _____ is damaged, most specifically the villi, or areas that absorb nutrients.
 - a. Gluten; small intestine
 - b. Gluten; large intestine
 - c. Gluten-free products; small intestine
 - d. Gluten-free products; large intestine
6. Since celiac disease is linked to malnutrition, _____ & _____ are two common nutrient deficiency disorders that can present as co-morbidities.
 - a. Obesity; hypertension
 - b. Asthma; osteoporosis
 - c. Osteoporosis; anemia
 - d. Anemia; obesity
7. It has been hypothesized that nearly _____ Americans have celiac disease
 - a. 1 million
 - b. 3 million
 - c. 6 million
 - d. 10 million



8. Celiac Disease is diagnosed by _____, but external markers such as an itchy, blistering skin rash is a strong indicator of the disease
 - a. A CAT scan
 - b. An MRI
 - c. A bone scan
 - d. Blood and gut markers

9. If you are gluten intolerant, the American Dietetic Association recommends replacing flour with _____ for baking.
 - a. Rice
 - b. Corn
 - c. Potato
 - d. All of the above

10. True or False. Individuals with celiac disease should consume more fruits, vegetables, legumes, and lean proteins such as fish.
 - a. True
 - b. False



Quiz Answer Form

FIRST NAME _____ LAST NAME _____ M.I. _____

TITLE _____

ADDRESS _____ APT. _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

COUNTRY _____ POSTAL CODE _____

CERTIFICATION NO. _____ CERTIFICATION EXP. ____/____/____

MEMBERSHIP NO. _____ MEMBERSHIP EXP. ____/____/____

Quiz Name	Member Price	Total
	\$15	



Discover



Visa



Mastercard



Amex



Check/Money Order

Account No. _____

Exp. Date _____

Security Code _____

Signature _____

Date _____

Quiz Answers

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Fill in each blank with the correct choice on the answer sheet. To receive 0.5 CEUs, you must answer 8 of the 10 questions correctly.

Please mail this Quiz answer form along with the proper enclosed payment to:

NCSF
5915 Ponce de Leon Blvd., Suite 60
Coral Gables, FL 33146

Questions? 800-772-NCSF