

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.

2008 Physical Activity Guidelines

The United States Department of Health and Human Services (HHS) has released the *2008 Physical Activity Guidelines for Americans* in an on-going effort to combat the national obesity and physical inactivity epidemics that are affecting the nation. The *Guidelines* provide information related to the duration and level of intensity of suggested activity necessary for health benefits for all Americans over the age of six. The current trend in America is an ever expanding waistline and decreasing levels of physical activity throughout the country. As more and more Americans decrease their level of physical activity, they burn fewer calories leading to excess weight gain, thereby limiting their ability to exercise, at the same time routine physical inactivity decreases flexibility and strength measures, all of which eventually culminate in chronic inactivity and negative health consequences including hypertension, heart disease, diabetes, osteoporosis and eventual loss of independence. Even with increased education related to the benefits of regular exercise participation over the past few years, America has continued to become less active.

The Health and Human Services have taken the necessary steps to compile the first major comprehensive review of the scientific

literature related to physical activity and health benefits. This information has culminated in the release of the *2008 Physical Activity Guidelines for Americans*. The *Guidelines* now identify how much exercise individuals need to accumulate to accrue health benefits. The total number of hours of exercise is recommended in such a way as to allow individuals to design their own programs with their own activities. Included within the new guidelines are recommendations for physical activity for children and adolescents, in addition to adults, older adults, pregnant and post-partum women, and individuals with chronic disease.

The major research findings summarized in the *2008 Physical Activity Guidelines for Americans* include a number of health benefits related to increased physical activity. Regular participation in physical activity will decrease the risk of many adverse health conditions. Although any level of physical activity for an individual is better than no physical activity, health benefits have been identified to occur in proportion to the intensity, increased frequency, and/or increased duration of physical activity. The following are some of the specific recommendations taken from the *Guidelines*:

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- Most health benefits occur with at least 2 hours and 30 minutes (150 minutes) a week of moderate-intensity physical activity, such as brisk walking.
 - Episodes of activity that are at least 10 minutes long count toward meeting the *Guideline*
 - Both aerobic and muscle-strengthening physical activities are beneficial
 - Health benefits of physical activity occur for children and adolescents, young and middle-aged adults, older adults, and those in every studied racial and ethnic group
 - Health benefits of physical activity are attainable for people with disabilities
 - The benefits of physical activity outweigh the risks of injury and heart attack

The *2008 Physical Activity Guidelines for Americans* outline slightly differing strategies for the average adult population versus the adolescent and older adult populations. The recommendation for adults is the accumulation of 2 hours and 30 minutes of moderate-intensity aerobic activity each week. Activities that fall under this category include brisk walking, ballroom dancing, or general gardening. Adults also have the freedom, under the *Guidelines* to choose 1 hour and 15 minutes (75 minutes) of vigorous-intensity exercise each week by engaging in activities such as jogging, aerobic dancing, or jumping rope. All activities that last a minimum of 10 minutes can count toward the overall accumulation of the recommended duration of activity. The recommendations also call for increased activity levels up to 5 hours (300 minutes) for additional health benefits. In addition to participation in aerobic activities, the new *Guidelines* suggest muscle-strengthening activities on at least 2 days of the week.

Physical activity guidelines for children and adolescents were specifically addressed in the *2008 Physical Activity Guidelines for Americans*. Individuals 6-17 years of age should accumulate one (1) or more hours of physical activity each day. Those activities should include a mixture of muscle-strengthening and aerobic conditioning, as well as vigorous-intensity activities at least 3 days per week. The importance of regular physical activity for children and adolescents is not only related to immediate health benefits, but also, and perhaps more importantly, to the development of healthy lifestyle habits that will translate into lifelong improvements in health and function.

The older adult population has not been left out of the new *Guidelines*. There are specific

recommendations for older adults who are either unfit or who have chronic conditions that limit their ability to perform exercise for extended periods of time. Although many of the guidelines are similar to those for the normal, healthy adult population, a few minor differences do exist. If an older individual cannot accumulate the recommended 2 hours and 30 minutes of physical activity per week, they should maintain as high a level as possible of physical activity, with exercise focusing on balance and coordination as well as functional strength exercises. Special considerations should be paid to the relative intensity of differing exercise programs on an individual basis. If an individual has a chronic disease or condition that limits their ability to perform regular exercise, then consultation with their primary physician is necessitated.

The review of research has resulted in the release of the *2008 Physical Activity Guidelines for Americans*, the most detailed release of guidelines concerning physical activity and health from the government to date. The importance of these recommendations is underscored by the increasing amount of money that is spent every year on healthcare in the United States. That number continues to grow as more and more individuals become overweight and obese and experience the negative health consequences related to obesity – hypertension, hyperlipidemia, low grade inflammatory, diabetes, low cardiorespiratory endurance, decreased muscular strength and endurance, and decreased overall functionality. It is important for the fitness industry, and specifically certified personal trainers, to become familiar with the new *Guidelines* so that their exercise programming can adequately reflect these new standards and ultimately improve the welfare of a nation.

CEU QUIZ

1. The 2008 Physical Activity Guidelines for Americans is _____
 - a. comprised of information related to exercise and positive health benefits
 - b. compiled from a scientific literature review
 - c. focused on increasing physical activity for those individuals ages 6 and above
 - d. all of the above are correct

2. Which of the following groups is not specifically identified within the 2008 Physical Activity Guidelines for Americans?
 - a. Adolescents
 - b. Older adults
 - c. Individuals with chronic disease
 - d. Children less than 6 years old

3. The majority of health benefits occur with at least _____ of accumulated physical activity per week.
 - a. 30 minutes
 - b. 60 minutes
 - c. 150 minutes
 - d. 300 minutes

4. The minimal amount of continuous activity that can count toward the overall goal of exercise duration per day is _____.
 - a. 5 minutes
 - b. 10 minutes
 - c. 30 minutes
 - d. 60 minutes

5. True or False. The health benefits of physical activity outweigh the risk of injury and heart attack.
 - a. True
 - b. False

6. For the adult population, the new guidelines suggest that up to _____ minutes of physical activity per week can lead to additional health benefits.
 - a. 30
 - b. 150
 - c. 300
 - d. 1,000

7. The recommendation for physical activity for children and adolescents suggests _____.
- Sport-specific power lifting
 - 30 minutes of vigorous exercise 2-3 days per week
 - at least 60 minutes of accumulated aerobic activity every day
 - only flexibility training until 18 years of age
8. In order to comply with the 2008 Physical Activity Guidelines for Americans, adults should be engaging in resistance training at _____.
- least 2 days per week
 - least 5 days per week
 - only when in season
 - every day
9. Older adults who cannot accumulate the recommended amount of moderate-intensity exercise per week should _____.
- not exercise at all
 - be as active as possible
 - focus on balance, coordination and functional strength exercises
 - both B & C are correct
10. Which of the following is a reason underscoring the importance of the release of the 2008 Activity Guidelines for Americans?
- The United States is trending toward an increased level of obesity
 - Many Americans are unaware or uninformed regarding physical activity recommendations
 - Preventive health maintenance through physical activity will hopefully decrease health care spending
 - All of the above are correct.

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