

# 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**  
P.O. Box 163908  
Miami, FL 33116

## **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.

## Breast Cancer Awareness

October is Breast Cancer Awareness Month as evident by pink garnishes sprinkled throughout landmarks of the pop-culture. It may seem like a limited awareness campaign, with many forms of cancer in existence, but for women there is significant relevance. According to the CDC statistics (which did not include skin cancer) cancers of the breast in the United States represents the most common cancer in women, regardless of race or ethnicity. Additionally, it is the most common cause of death from cancer among Hispanic women and the second most common cause of death from cancer among white, black, Asian/Pacific Islander, and American Indian/Alaska Native women. The most recent statistics available are from 2009; during that year 211,731 women and 2,001 men in the United States were diagnosed with breast cancer and 40,676 women and 400 men died (from breast cancer) that year.

Cancer is the most feared disease among surveyed populations due to its association with mortality, even though many people who get cancer survive it. When people think about combating cancer, exercise and diet rarely step to the forefront, despite their importance. Eating properly and exercising should be major parts of a comprehensive treatment plan. People with cancer who are actively involved in treatment experience numerous negative health outcomes. Both disease- and treatment-related adverse affects lead to low health-related quality of life (HRQoL). Consequently, HRQoL and its respective domains are considered important measures of cancer survivorship. In fact, the correlation exists both during, and after, the end of active cancer treatment.

It has been theorized that exercise interventions will help alleviate some of these adverse outcomes and even improve one's ability to fight the disease. Interventions to promote exercise for those suffering from cancer are aimed at improving both subjectively and objectively quantifiable measures of HRQoL. Meta-analysis of trials conducted using

participants who were currently undergoing active treatment for their cancer found that compared to controls, cancer patients who exercised as part of the treatment improved in HRQoL and physical function, and experienced a decrease in fatigue. The results suggest that exercise interventions compared with controls have a positive impact on overall HRQoL and certain HRQoL domains such as greater reduction in depression, sleep disturbances, and emotional well-being (EWB). While certain bias may be present, the consistency of findings on both types of measures (change scores and difference in follow-up scores) suggest a greater confidence in the benefits of exercise on cancer patients. Interestingly, when examining exercise effects by subgroups, exercise interventions had significantly greater reduction in anxiety for survivors with breast cancer than those with other types of cancer. Research methods differed across trials by mode of exercise; including walking by itself or in combination with cycling, resistance training, or strength training; resistance training alone; strength training alone, cycling alone and yoga alone.

According to authors, exercise seems to have these beneficial effects including physical functioning, role function, social functioning, and fatigue across varying periods of treatment. Additionally, the literature review suggested that moderate- or vigorous-intensity exercise provided more pronounced (positive) effects on HRQoL versus mild-intensity exercise programs such as yoga and walking. These findings may be further reaching as increasing evidence suggests that lifestyle after the diagnosis of cancer may affect prognosis. The importance of healthy behaviors seems to be relevant for increased chance for a positive outcome. Several studies have shown that common lifestyle factors associated with American living are not positively correlated to health but are correlated with recurrence of the disease. Western dietary intakes, obesity, sedentary living, metabolic syndrome, high serum levels of insulin, growth factors, and inflammatory cytokines after the

diagnosis of cancer are associated with an increased incidence of recurrences (most studies have been on breast and colon cancer). Unfortunately, on the clinical side of management, there is currently very little attention paid to lifestyle and health behaviors as the emphasis is on treatment. Researchers suggest that there is a need to validate lifestyle intervention to improve clinician management and referral to prevent cancer recurrences. Becoming healthy can only serve as a positive outcome because there exists no contraindication to promoting moderate physical exercise, calorie appropriateness for weight management, and a dietary pattern consisting of fruits, vegetables, essential fats and lean proteins. In fact, the AICR/WCRF 2007 systematic literature review recommends cancer patients to adopt this type of healthy lifestyle recommended for the prevention of cancer.

Cancer survivors who engage in routine health behaviors demonstrate reduced risk of health problems, improved function and improved QOL. However, much like the general population, expecting previously sedentary cancer survivors to achieve the current guideline recommendations of at least 150 minutes per week of aerobic exercise along with two days of resistance training is probably an unrealistic goal. And similar to the general population, survivors who do engage in healthy behaviors identify that higher levels of adherence are associated with the successful implementation of common behavior change techniques. In a research trial investigating health compliance, respondents suggested that goal setting, self-monitoring and the use of programmatic structure learned in supervised exercise programs were transferable to non-supervised environments. The authors suggest that “as with all well-designed exercise programs in any context, prescriptions should be designed around individual capabilities.” Likewise it is important to understand subjective exercise tolerance when defining programmatic components such as frequency, duration, and intensity. Cancer patients and even survivors may demonstrate

unique challenges based on their relative condition and mental state.

Another valid reason to promote healthy living for those currently or previously diagnosed with cancer is that cancer can also serve as a risk factor for other health related problems. Research has shown an association between breast cancer diagnosis and an increased prevalence of osteoporosis and falls. Although breast cancer patients have more contact with physicians than non-sufferers, survey respondents suggested that they were not more likely to discuss osteoporosis with their physician; nor were they more likely to be considered high risk for osteoporosis by physicians. Increased dialogue between physician and breast cancer patients pertaining to bone loss is needed. These findings underscore the importance of a comprehensive health plan for cancer patients and cancer survivors. Likewise, it demonstrates the increasing relevance of an improved quality of care to account for more than simply the common symptoms of the disease. General fitness recommendations still apply to cancer survivors and treatment programs for current cancer patients must emphasize physical activity and a quality diet to promote better health outcomes. Health providers and personal trainers should become more familiar with the overall physical needs of cancer patients and develop a better understanding of the mental aspects of the disease to better promote an increase in lifespan and quality.

## Breast Cancer Awareness CEU Quiz

- 1) Which of the following suffers the highest mortality rate from breast cancer?
  - A) White women
  - B) Black women
  - C) Hispanic women
  - D) Asian/Pacific Islander women
  
- 2) Breast cancer has been shown to only affect women in the United States.
  - A) True
  - B) False
  
- 3) Exercise and diet are often overlooked as treatments to help promote healthy living in those suffering from breast cancer.
  - A) True
  - B) False
  
- 4) Which of the following outcomes is the result of exercise interventions in patients suffering from cancer?
  - A) Reduction in sleep disturbances
  - B) Increased emotional wellbeing
  - C) Reduction in depression
  - D) All of the above
  
- 5) Which of the following was not used as a mode of exercise during different research trials?
  - A) Strength training
  - B) Yoga
  - C) Walking
  - D) Cycling
  - E) All of the above were used
  
- 6) Literature review suggests that moderate or vigorous intensity exercise programs should not be used, and that light intensity exercise has shown to be more beneficial for individuals with cancer.
  - A) True
  - B) False

7) Which of the following is not associated with Western dietary intakes?

- A) High serum levels of insulin
- B) High HDL levels
- C) Inflammatory cytokines
- D) Metabolic syndrome
- E) All of the above are negative lifestyle factors

8) Literature reviews suggest that those suffering from cancer should consume a dietary pattern consisting of fruits, vegetables, essential fats and lean proteins.

- A) True
- B) False

9) Research has shown a correlation between breast cancer and an increased prevalence of osteoporosis and falls.

- A) True
- B) False

10) According to the statistics published from 2009, approximately how many women were diagnosed with breast cancer?

- A) 100,000
- B) 150,000
- C) 200,000
- D) 300,000

# 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 \_\_\_\_\_

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  
P.O. Box 163908  
Miami, FL 33116

Questions? 800-772-NCSF