

# 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.

## Expanding Behavioral Change

The growing cost of health care combined with an aging population experiencing health decline is creating a significant social/economic burden upon the country. Strategies to pay for our traditional approach to medicine, particularly with the current social distribution of resources, are driving forces for change. Without significant changes, it is apparent that the strategy outcomes will result in reduced markers of health for the majority of the country. It has become quite clear that the “medication generation” was not appropriately managed as pharmacological interventions have not cured any of the major risk factors associated with disease. Rather, many medications allow people to continue to function while developing other comorbidities which has created the most costly group of Americans to date. Clearly, behavioral change is necessary and multifaceted, placing emphasis on physical, psycho-emotional and dietary modifications. In the current model, only those individuals who pay for one-on-one services receive some level of support and in many cases the attention is categorically specific. People hire personal trainers, dietitians, or psychologists to help them with behavior modification. Of the three professions, personal trainers as defined by the scope of the profession have the technical skills to provide assistance in several areas of behavior change and may best function to serve in the preventative care model.

The current method utilized by most facilities that employ trainers is to generate revenues from one-on-one services. This creates an inherent limitation as only those with optimal financial resources

can benefit from the services, which is not the majority of the population considering the average personal training session in the United States costs about \$50/hour. Even among individuals of this group the cost limits contact time to periods below the national guidelines for physical activity. But there is another issue. If the cost per contact was subsidized and affordable to everyone, there are still not enough qualified trainers to address the needs of the

country. If the current statistics are correct, everyone calling themselves a personal trainer, whether qualified or not, would each need to service roughly 1250 clients to get the percentage of the population who is currently sedentary into more physically active states. This statistical conundrum suggests an expansion in thought process. To reach more people we need more professionals to be at more places at the same time, and be qualified appropriately to provide the necessary services. The use of technology can dramatically aid in this process.

A personal trainer may be able to manage 16-20 clients a week in the traditional one-hour session model. But, what if they serviced more clients per week with less face time but more behavior management assistance time? Is it possible to use technology and education to properly manage people to improve their diet, reduce stress, and engage in safe and effective physical activity? According to a recent study published in the *Journal of the American Board of Family Medicine* (2013) the use of website tools can be employed effectively to help manage behaviors. The study analyzed the effectiveness of two interactive websites designed to support health behavior changes related to healthy eating, physical activity, smoking, and use of alcohol for primary care patients. Patients were randomly included into one of two groups. Group 1 was exposed to a basic website (including a health assessment with feedback of the results and educational materials about health behavior change) while group 2 used an enhanced website that included the features of the basic site plus an action planning component. The patients were evaluated during two follow-up sessions at 3 and 6 months following enrollment.

The researchers found that of the 7,706 participants who were recruited for the study, only 169 (2.2%) signed on to use the website. Although enrollment was low, the outcomes were positive. The web-based interventions

appeared to assist patients with making positive behavioral changes, especially as it related to increasing their activity level and following a healthful diet. No significant differences were seen in the effectiveness of the basic versus the enhanced website versions. The investigators recognized the need for further research, but concluded nonetheless that the interventions using interactive behavior-change technology seem effective in assisting primary care patients make healthy behavioral changes. It should be understood that the difficulties with participant recruitment as well as the lack of added effectiveness from the enhanced website are most likely due to the need for a level of interaction between a behavioral change leader and the participant. If a fitness professional or related leader was integrated into the interaction between tools and users, the intervention would likely demonstrate both greater participation and effectiveness.

These findings suggest that there are two areas to explore for greater access to both lifestyle education and qualified professional leadership for behavior management. The first requires an evaluation of technical applications and resources that provide participants with effective means to modify behavior. The latter relates to the need for qualified professionals skilled in the area of behavior change through methods that reach a larger group of people. Websites, phone applications, and related technology are constantly being developed to serve these exact purposes, so availability is not the problem. The initial challenge is actually identifying and engaging valid applications that provide the most user-friendly, cost effective means. Professionals can seek assistance from health care and information technology (IT) organizations and federal agencies to identify medical, health, and fitness applications that deliver credible content, contain safeguards for user data, and function appropriately.

To address the second hurdle, fitness professionals should seek continued education

and training from quality organizations that disseminate evidence-based content and skill development consistent with the scope of the profession. To better enable professionals to develop skills and successfully implement behavior management services they need to gain education and engage the applications they will employ. In this manner a progressive curriculum of education and activities that provide clients with positive measurable outcomes can be developed. This can only be done by first establishing competency in the methods of behavior change and the techniques to implement such services.

Meta analysis of leader education and training demonstrates participation in professional development of this nature to be beneficial for both personal and professional outcomes. In addition to the practical relevance and applicability of the instructional methods used; research suggests participants report positive changes in attitudes toward their own environments as well as their leadership capabilities. Likewise, participants reported increased knowledge of leadership concepts, principles, and strategies (e.g., leadership styles and strategic planning), improvements in specific leadership skills sets (e.g., personal effectiveness and conflict resolution), and increased awareness of leadership roles in these types of settings.

Personal trainers may consider advancing their knowledge and service capabilities by expanding from one-on-one trainers to behavior change advocates. This is not to suggest relinquishing the technical skills of training instruction, but rather expanding the opportunities for program and behavior management. Being able to service more individuals in the same work period is both better for the professional and the client and the use of technology and modern communication resources make it a much more viable option.

## QEU Quiz

1. According to the article, medications used by the US population over the last few decades have been effective in which of the following ways?
  - a. They have minimized the primary risk factors for major diseases
  - b. They have minimized the progression of major diseases
  - c. They have allowed sufferers to continue to function while developing other comorbidities
  - d. They have promoted healthy behaviors within the majority of older adults
2. According to estimates within the article, the average personal trainer may be able to manage \_\_\_\_\_ clients in a week using the traditional one-hour session model.
  - a. 8-10
  - b. 11-15
  - c. 16-20
  - d. 21-25
3. Each currently-certified personal trainer would need to service about \_\_\_\_\_ clients to get the percentage of the US population who is presently sedentary into more physically active states.
  - a. 25
  - b. 300
  - c. 950
  - d. 1250
4. True or False? Behavioral change is multifaceted in nature, requiring an emphasis on physical, psycho-emotional and dietary modifications.
  - a. True
  - b. False
5. For many potential participants a lack of financial resources stands as a major limitation to the one-on-one service model considering the average session costs about \_\_\_\_\_.
  - a. \$20/hour
  - b. \$30/hour
  - c. \$50/hour
  - d. \$75/hour

6. According to a recent study published in the *Journal of the American Board of Family Medicine*, the use of \_\_\_\_\_ has the potential to help large groups of people effectively manage healthy behaviors.

- a. Educational website tools
- b. Group fitness training
- c. Intervention groups
- d. All of the above

7. True or False? According to the recent study presented in this article, the web-based interventions appeared to be more effective without interaction between a behavioral change leader and the participant.

- a. True
- b. False

8. According to the recent study presented in this article, which of the following are key areas to explore for promotion of greater access to both lifestyle education and qualified professional leadership for behavior management?

- a. Increasing the number of qualified professionals skilled in the area of behavior change through methods that reach large groups of people
- b. Increasing the number of fitness professionals that seek continued education and training from quality educational organizations
- c. Technical applications that provide effective means to modify behavior
- d. All of the above

9. Based on analytical data, personal trainers who become competent in technological intervention applications may experience an improvement in their \_\_\_\_\_.

- a. Training adaptations
- b. Scope of practice
- c. Leadership qualities
- d. None of the above

10. True or False? Considering the current number of qualified personal trainers and the individuals needing their services in the US, the only way supply can match demand is if trainers attain competency in interventions that allow them to aid numerous participants via technological aids.

- 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