

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.

The Benefits of Yoga

Yoga has become an extremely popular form of physical activity in the United States over the past decade and has even generated enough interest to support studios that focus on a particular form of yoga or a variety of activity-related disciplines. There is no questioning the many benefits of yoga which include reduced stress, reduced risk of lower back pain, and improvements in flexibility among both fit and unfit populations. In sedentary populations and untrained populations, studies have indicated some improvements in strength and mild improvements in cardiovascular conditioning. However it is important to note that although these benefits certainly can contribute to an improved quality of life, using yoga as one's only form of exercise may leave some physical deficiencies.

From a postural standpoint, yoga seems to improve an individual's ability to stabilize their spine and pelvis leading to a reduced risk of low back pain. In a study published in the *Annals of Internal Medicine*, 12 weeks of yoga demonstrated some added benefit over traditional exercise and significant improvement over self care help books for low back pain symptoms. Yoga seems to be at least equal and possibly superior to traditional exercise at reducing perceived stress. It is suggested by a growing body of evidence that yoga benefits physical and mental health via down-regulation of the hypothalamic-pituitary-adrenal (HPA) axis and the

sympathetic nervous system (SNS). A review of literature which analyzed studies comparing the effects of yoga and exercise seem to indicate that, in both healthy and diseased populations, yoga may be as effective as or better than exercise at improving a variety of health-related measures. Although more research is necessary to discern the distinctions between exercise and yoga and the different types of yoga on the SNS/HPA axis, it is evident both can be used to improve measures of mental health.

One caveat to these benefits is that in all the studies reviewed, yoga interventions appeared to be equal or superior to exercise in nearly every outcome measured **except** those involving physical fitness. Granted there are different forms of yoga including ashtanga and power yoga which may be more challenging, but research has consistently found yoga to be ineffective at improving strength and cardiovascular fitness in healthy or trained individuals. Clinical trials have demonstrated the metabolic costs of yoga to equate to walking at a speed of 3 miles per hour. In a study published in the *Journal of Strength and Conditioning Research*, investigators measured mean absolute oxygen consumption, relative oxygen consumption, percentage maximal oxygen consumption, metabolic equivalents (METs), energy expenditure, HR, and percentage maximal heart rate during a 30 minute training session using

Hatha yoga. Average oxygen requirements equaled 2.17 METs, caloric expenditure equaled 2.23 kcal*min⁽⁻¹⁾, and training heart rates averaged 56.89%, respectively. When compared to walking at 3.5 mph Hatha yoga required 54% lower oxygen, 53% lower METs, 53% lower kcal*min⁽⁻¹⁾, and 21% lower HR. This information was supported by a study published in the *BMC Complimentary and Alternative Medicine* where subjects were asked to engage in three different treatments; sitting in a chair, participating in video instructed yoga and walking on a treadmill at 3.2 and 4.8 kilometers per hour. The results demonstrated a mean value across the entire yoga session for caloric expenditure (3.2 kcal/min), METs (2.5), and percent maximal heart rate (49.4%). When compared to walking at 3.2 kpm the numbers were very closely related at 0.979, 0.973, and 0.865, respectively. Researchers concluded that Hatha yoga does not meet recommendations for levels of physical activity for improving or maintaining health or cardiovascular fitness. The intensity of Hatha yoga may be too low to provide a training stimulus for improving cardiovascular fitness, although previous research suggests that Hatha yoga is an acceptable form of physical activity for enhancing flexibility and improving some levels of muscular fitness in sedentary populations.

Although critics of yoga suggest the low metabolic costs have little benefit for

cardiovascular health, muscular strength and weight control, studies suggest that it is a plausible activity for those looking to maintain health. In a study published in *Alternative Therapies in Health and Medicine*, data collected from the Vitamin and Lifestyle (VITAL) cohort study between 2000 and 2002 found yoga to be a viable mechanism to attenuate weight gain in individuals over 45. Individuals who engaged in Yoga for four or more years experienced a 3.1 pound lower weight gain among normal weight (BMI < 25) participants (9.5 lbs versus 12.6 lbs) compared with individuals who did not participate in yoga. This value increased to an 18.5 pound lower weight gain among overweight participants who engaged in yoga compared to their sedentary counterparts. Therefore it can be concluded that although yoga may not have a high metabolic effect compared to traditional exercise, it certainly is a viable part of health related training consistent with daily physical activities like walking. For individuals who do not like exercise (>60% intensity) yoga is a viable option to maintain health and slow weight gain. Additionally, due to the benefits on mental health, stress reduction, posture and flexibility, yoga can serve as a positive adjunct to aerobic exercise and weight training in fit populations.

The Benefits of Yoga Quiz

1. Which of the following is a reported benefit of regular yoga?
 - a. Reduced stress
 - b. Reduced risk of lower back pain
 - c. Improvements in flexibility
 - d. All of the above

2. True or False. Yoga as the only form of exercise may create some physical deficiencies in health related fitness.
 - a. True
 - b. False

3. One of the proposed methods for yoga's benefit in physical as well as mental health is via _____.
 - a. Sympathetic nervous system excitation
 - b. Stretch-shortening cycles
 - c. Down-regulation of the hypothalamic-pituitary-adrenal axis and sympathetic nervous system
 - d. Up-regulation of the speed/velocity/tension relationship

4. Which of the following measured outcomes is traditional exercise superior to yoga?
 - a. Stress reduction
 - b. Physical fitness
 - c. Lower back pain reduction
 - d. All of the above

5. Hatha yoga _____ at improving strength and cardiovascular fitness in healthy or trained individuals.
 - a. Is ineffective
 - b. Is effective
 - c. Extremely effective
 - d. Should be an integral part of programs aimed

6. Clinical trials equate the metabolic costs of yoga to _____.
- Running at 7 mph
 - Playing 3-on-3 basketball
 - Sleeping
 - Walking ~3 mph
7. When compared to walking at 3.5 mph, Hatha yoga required _____.
- 25% more oxygen but 21% lower HR
 - 54% lower oxygen and 53% higher HR
 - 54% lower oxygen and 21% lower HR
 - 25% more oxygen but 53% higher HR
8. In clinical trials Hatha yoga has been shown to improve some levels of muscular fitness in which population?
- Sedentary
 - Physical active
 - Adolescent athletes
 - Highly trained aerobic individuals
9. Data from the Vitamin and Lifestyle cohort study from 2000-2002 shows that for the sedentary, overweight population, routine yoga participation of 4 or more years led to _____ when compared with their sedentary, overweight counterparts who did not participate in yoga.
- 5 lb weight gain of lean mass
 - 9.5 lb weight loss
 - 18.5 lb lower weight gain
 - 3.1 lb greater weight gain
10. True or False. Yoga should be used as a positive adjunct to aerobic exercise and resistance training in fit populations to maintain health, slow weight gain, and reduce stress, while improving posture and flexibility.
- True
 - 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