

Effective in 2014, the CPD programme for SAJSM will be administered by Medical Practice Consulting:  
CPD questionnaires must be completed online at [www.mpconsulting.co.za](http://www.mpconsulting.co.za)  
A maximum of 3 CEUs will be awarded per correctly completed test.

## TRUE OR FALSE

### Body composition and dietary intake of the FNB Maties Varsity Cup rugby players

1. The Varsity Cup rugby forwards had an average body mass index (BMI) of 32.5, showing that they were all obese.
2. The Varsity Cup rugby players had the same body composition compared with national and international rugby players.
3. The Varsity Cup rugby players as a group had an inadequate intake of total energy, carbohydrate, polyunsaturated fatty acids, calcium:protein ratio and copper.
4. The Varsity Cup rugby players as a group had higher-than-recommended values for total protein, fibre, total fat, saturated fatty acids, cholesterol and niacin.
5. The macronutrient intake of the rugby players >2 hours before the rugby game was adequate for energy and carbohydrate intake, but high in protein and fat intake.

### Effect of caffeine ingestion on fluid balance during exercise in the heat and during recovery

6. Athletes have been advised to abstain from caffeine during exercise because of its diuretic effect.
7. Moderate caffeine ingestion (mean 460 mg) altered urine production during and after exercise.
8. Three to four cups of regular brewed coffee would not place healthy young individuals at higher risk of hypohydration.
9. There is approximately 150 mg caffeine per 150 mL coffee.

### Associations of physical activity with trabecular and cortical bone properties in prepubertal children

10. Two of the most common physical activity assessments used for research purposes are maximum oxygen consumption (VO<sub>2</sub> max) tests and physical activity questionnaires.
11. In this study, peak bone strain score was significantly associated with spine, hip, femoral neck and ulna bone mineral content.

12. Dual energy X-ray absorptiometry is useful for monitoring bone response to exercise, because the method assesses bone geometry and small increments (due to loading physical activities) on the periosteal surface of the bone.
13. Pedometers may be limited in their ability to reflect time spent in moderate-to-vigorous physical activity as they only measure steps per day and have a high amount of variability when used by people with different gait patterns.
14. In this study, moderate and combined moderate-to-vigorous activity was significantly associated with bone mineral content at the femoral neck whereas vigorous activity was associated with bone mineral content at the hip only.

### Obesity in 7 - 10-year-old children in urban primary schools

15. South Africa has the lowest rate of obesity in children in sub-Saharan Africa.
16. The prevalence of childhood obesity in developing countries is associated more with children from lower socio-economic areas than their more economically privileged counterparts.

### Dietary supplements containing prohibited substances

17. Dietary supplement manufacturers have to prove the efficacy of their products before they are sold.
18. Ephedrine is structurally similar to amphetamine and therefore has similar modes of action and a comparable side-effect profile.
19. The stimulant methylhexaneamine was originally intended to be marketed as a nasal decongestant, but has been detected as an ingredient of dietary supplements.

### Chronic exertional compartment syndrome in the forearm

20. Chronic exertional compartment syndrome of the forearm is common and is a well-known clinical condition.

## INSTRUCTIONS

1. Read the journal. All the answers will be found there.
2. Go to [www.mpconsulting.co.za](http://www.mpconsulting.co.za) to answer questions.

Accreditation number: MDB001/015/01/2014 (Clinical)

