

Strategies for Aging Well

Strength and Conditioning Journal- Volume 32, Number 5, pages 36-52

Note: This quiz may be used by the CSCS and NSCA-Certified Personal Trainer to acquire 0.5 CEU. Certified Athletic Trainers will receive 1 CEU for completing this CEU Quiz.
BOC Approved Provider #: P434



- The risk of falls increases approximately by which of the following percentages when individuals are older than 60 years of age?
 - 5%
 - 15%
 - 25%
 - 35%
- After age 50, muscle mass is lost at which of the following rates?
 - 1-2% per month
 - 1-2% per year
 - 4-5% per month
 - 4-5% per year
- Which of the following is an age-related neural change in muscle function?

| | <u>Activation of Agonist</u> | <u>Coactivation of Antagonist</u> |
|----|------------------------------|-----------------------------------|
| A. | increases | increases |
| B. | decreases | decreases |
| C. | decreases | increases |
| D. | increases | decreases |
- Which of the following represents the current number of individuals older than 65 in the United States?
 - 20 million
 - 24 million
 - 37 million
 - 40 million
- According to this article, neuromuscular training to prevent falls is ideally performed on how many days per week?
 - 1 day per week
 - 2-3 days per week
 - 4 days per week
 - 5-6 days per week
- Which of the following is an outcome of regular exercise in older populations?
 - increased cardiac output
 - decreased insulin sensitivity
 - decreased arterial compliance
 - increased systolic blood pressure
- Regular physical activity has been shown to have which of the following effects on mortality and morbidity?

| | <u>Mortality</u> | <u>Morbidity</u> |
|----|------------------|------------------|
| A. | decrease | decrease |
| B. | increase | increase |
| C. | increase | decrease |
| D. | decrease | increase |
- Which of the following is the recommendation for moderate intensity aerobic training for the older adult?
 - 20 minutes, 4 days per week
 - 20 minutes, 6 days per week
 - 30 minutes, 5 days per week
 - 30 minutes, 2 days per week
- According to this article, which of the following is the MOST common prescription for strength training among older adults?

| | <u>Sets</u> | <u>Reps</u> | <u>Load</u> | <u>Frequency</u> |
|----|-------------|-------------|-------------|------------------|
| A. | 4 | 5 | 85% 1RM | 2 days/wk |
| B. | 3 | 8 | 80% 1RM | 3 days/wk |
| C. | 2 | 15 | 65% 1RM | 5 days/wk |
| D. | 1 | 12 | 75% 1RM | 4 days/wk |
- According to this article, which of the following describes the strength decline with age as compared to the muscle mass decline with age?
 - muscle mass declines 3 times faster than strength
 - strength declines 3 times faster than muscle mass
 - strength declines 5 times faster than muscle mass
 - muscle mass declines 5 times faster than strength

RECERTIFICATION REMINDER:

Deadline to recertify is 12/31/2011

CSCS and NSCA-CPT CEU Quiz Answer Form

Strategies for Aging Well (Volume 32, Number 5, Pages 36-52)

| | A | B | C | D |
|-----|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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