

Advanced Sports Medicine Concepts and Controversies

Self-Assessment Examination for
Practitioners (SAE-P) Questions Included



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This supplement is directly tied to an SAE-P that can help you assess your knowledge of Advanced Sports Medicine Concepts and Controversies. Once you've finished reading the articles, take the time to test and reinforce your understanding with the SAE-P questions on the following pages. Then submit your answers online at **mē**[®] (me.aapmr.org) to receive up to 8 *AMA PRA Category 1 Credits™* and help meet the Part II Self-Assessment requirement of ABPMR MOC.

2016 SAE-P: Advanced Sports Medicine Concepts and Controversies

Amy H. Phelan, MD DVM, Chair

Kim D. D. Barker, MD; Scott Campea, MD; Hans L. Carlson, MD; Carol Y. Crooks, MD; Peter G. Gonzalez, MD; Kristin A. Gustafson, DO; Kevin N. Hakimi, MD; David J. Haustein, MD; Troy Henning, DO; Matthew P. Mayer, MD; Armando S. Miciano, MD; Ameet Nagpal, MD, MS, MEd; Virtaj Singh, MD; Monica Verduzco-Gutierrez, MD

- 1. Which of the following is true regarding lactate's role in exercise physiology?**
 - a. functions in energy metabolism
 - b. confined to anaerobic conditions
 - c. upregulates glucose use
 - d. leads to muscular fatigue
- 2. Metabolic acidosis has a limited effect on which of the following processes?**
 - a. muscle contraction
 - b. hemoglobin oxygen release
 - c. ventilatory stimulation
 - d. cardiovascular drive
- 3. Which of following is TRUE regarding maximal lactate steady state (MLSS) measurement for predicting performance?**
 - a. sports specific
 - b. good test-retest reliability
 - c. physiological system failure
 - d. individual specific
- 4. Which of the following measures is MOST reliable for normalizing exercise intensity into training zones?**
 - a. $\dot{V}O_2$ max
 - b. heart rate
 - c. absolute blood lactate level
 - d. maximal lactate steady state
- 5. According to the American College of Cardiologist/American Heart Association's (ACC/AHA) Update of Practice Guidelines for Exercise Testing, the indication for cardiopulmonary exercise testing is**
 - a. pulmonary disease
 - b. cardiac disease
 - c. deconditioning
 - d. muscular disease
- 6. Protocols for cardiopulmonary exercise testing aim to avoid fatigue before 8 minutes because**
 - a. orthopedic factors limit the ability to exercise
 - b. pain factors limit the ability to exercise
 - c. a linear relationship between $\dot{V}O_2$ and exercise exists at this point
 - d. a non-linear relationship between $\dot{V}O_2$ and exercise exists at this point
- 7. Cardiopulmonary exercise testing in the United States often uses a treadmill while in Europe, they utilize an ergometer. Compared to when using a treadmill, which of the following differences in results may occur when using an ergometer to perform cardiopulmonary exercise testing?**
 - a. lower peak $\dot{V}O_2$
 - b. higher peak $\dot{V}O_2$
 - c. increase in "warm-up" period
 - d. decrease in "warm-up" period
- 8. Which test is meant for anaerobic testing?**
 - a. Bruce
 - b. Balke
 - c. Wingate
 - d. Borg
- 9. Which of the following is an absolute contraindication to cardiopulmonary exercise testing?**
 - a. moderate aortic stenosis
 - b. stable angina
 - c. hypertrophic cardiomyopathy
 - d. uncontrolled arrhythmia
- 10. Which of the following is the best definition of exercise associated hyponatremia (EAH)?**
 - a. serum sodium drop of 12–15%
 - b. serum sodium drop of 2–4%
 - c. serum blood sodium concentration <140mmol/L
 - d. serum blood sodium concentration <135mmol/L
- 11. Though not completely understood and likely multifactorial, which of the following best explains the pathophysiology EAH during endurance events?**
 - a. decreased sodium intake
 - b. poor conditioning
 - c. excessive fluid intake
 - d. dehydration

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