

CPD questionnaires must be completed online via [www.cpdjournals.co.za](http://www.cpdjournals.co.za).

After submission you can check the answers and print your certificate.

**1. True (A) or false (B):**

The evidence for the increased risk of knee and hip osteoarthritis in former professional soccer players is unconvincing.

**2. True (A) or false (B):**

Injuries that occur in the immature skeleton produce similar pathologies to those that occur in the adult skeleton.

**3. True (A) or false (B):**

The rupture of the Achilles tendon occurs most frequently in the age group 30 - 39 years, which is surprising because this age does not coincide with the time of maximum sport participation.

**4. True (A) or false (B):**

Top-level tennis players do not regularly have a 'tennis elbow', unlike the beginners or technically poor exponents of the sport.

**5. True (A) or false (B):**

'Return to play' is often the key driver for managing an injury of an elite athlete. This does not always consider the long-term health of the athlete.

**6. True (A) or false (B):**

High levels of participation in a sport may not be the risk factor for injury but the history of how the athlete reached that level may be.

**7. True (A) or false (B):**

The long-term athlete development model describes windows of opportunity which are critical periods of development for specific attributes.

**8. True (A) or false (B):**

A criticism of the 'windows of trainability' concept is that it is primarily based upon psychological principles.

**9. True (A) or false (B):**

The majority of the work that forms the basis of the developmental model for sport participation originates from qualitative interviews, training questionnaires and retrospective/quantitative interviews.

**10. True (A) or false (B):**

Periods of increased adaptation for the physical attribute of 'speed' occur between the ages of 5 and 9 years.

**11. True (A) or false (B):**

Shoulder injuries in rugby account for the second most loss in time (days) for players, after lower-limb knee injuries.

**12. True (A) or false (B):**

The state of 'anxiety' has been negatively associated with an increased risk of injury in sport.

**13. True (A) or false (B):**

Almost one-third of rugby players at the club level can be expected to have a shoulder injury during the season.

**14. True (A) or false (B):**

Rugby players who had shoulder injuries had much lower anxiety scores than those players who did not get injured.

**15. True (A) or false (B):**

Rhabdomyolysis is preceded by muscle weakness, muscle stiffness, symptoms of myalgia, swelling, tenderness and tea-coloured urine.

**16. True (A) or false (B):**

Rhabdomyolysis can be triggered by mechanical injury, ischaemia, infections, genetic alterations to drugs and toxins.

**17. True (A) or false (B):**

Corticosteroid-induced myopathy is a disease that mainly causes weakness of the proximal muscles of the upper and lower limbs and to the neck flexors.

**18. True (A) or false (B):**

The 'Vuka South Africa – Move for your Health' campaign is an example of an initiative adopted by national government, promoting motorised transport.

**19. True (A) or false (B):**

In 2002, the World Health Organization's report on reducing risks and promoting healthy living recognised physical inactivity as one of the major modifiable risk factors for developing non-communicable diseases and global mortality and morbidity, along with tobacco use, unhealthy eating and obesity, and excessive alcohol intake.

**20. True (A) or false (B):**

The South African Youth Risk Behaviour Survey found that more than one-third of all adolescents report insufficient levels of physical activity.

We are pleased to announce that effective from this month, the number of CEUs per test has been increased to 5.

## INSTRUCTIONS

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

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