



Winter 2020 article and quiz for 1 CSEP PDC/1 FNB CEC
Due June 30, 2020

Read the Article: [Psychological and/or Mental Health Benefits of Maintaining Activity and Exercise](#)

Vonda J. Wright and Emily Zhao: Masterful Care of the Aging Athlete: August 26, 2018, PP 25-29

Answer the questions below, save the document to your computer and submit to executivedirector@fitnessnb.ca on or before April 30, 2019

Please Note: If using Firefox or Google Chrome you will need to convert to a fillable form:

Left click on download (top right corner third icon). Choose Adobe Reader and wait for converted form.

1. What is one way in preventing mental health decline?
 - a) stretching twice a day
 - b) lifelong exercise
 - c) excessive running
 - d) 12 hours of sleep/night

2. what percentage of people in America will meet the criteria for a mental health disorder in their lifetime?
 - a) 20%
 - b) 25%
 - c) 60%
 - d) 50%

3. Physical activity can have the same effect as pharmaceuticals on these hormones except:
 - a) norepinephrine
 - b) oxytocin
 - c) serotonin
 - d) dopamine

4. Rates of remission for supervised exercise (____%), were much higher than the placebo (____%)
 - a) 45;31
 - b) 31;45
 - c) 40;31
 - d) 47;31

5. Due to the higher rates of remission for active treatments , exercise treatment _____.
 - a) should be combined with pharmacotherapy when beginning treatment for depression
 - b) should not be considered for treatment for depression
 - c) may be more advisable when beginning treatment for depression
 - d) is always effective and will treat depression

6. The study that tried to quantify the dose of exercise to effect depression help demonstrated:
- a) the correlation between higher total energy expenditure and greater reduction in depressive symptoms
 - b) the correlation between happiness levels and physical activity
 - c) the correlation between depressive symptoms and the benefits of exercise
 - d) the correlation between pharmacotherapy and physical exercise
7. What effect did a 8 weeks of aerobic training have on anxiety with participants who had higher levels of fitness?
- a) overall decreased anxiety symptoms compared to baseline
 - b) overall increased anxiety symptoms compared to baseline
 - c) no difference in anxiety symptoms
 - d) overall decreased anxiety symptoms during training but increase afterwards
8. What are the two most common debilitating mental health conditions that exercise can help prevent?
- a) depression and agoraphobia
 - b) depression and anxiety
 - c) anxiety and panic disorder
 - d) bi polar and depression
9. What factor has an effect on mental health?
- a) family history
 - b) social environment
 - c) genetics
 - d) all of the above
10. Not only can exercise have the same effects as pharmacotherapy, it can_____
- a) improve self-perception which could then reduce symptoms
 - b) improve functions of the central nervous system which could reduce symptoms
 - c) improve the respiratory system which could reduce symptoms
 - d) improve the thought process which could reduce symptoms

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