



Summer 2020 article and quiz for 1 FNB CEC

Read the Article: [A Six-Week Pilates Exercise Protocol for Improving Physical and Mental Health-Related Parameters](#)

Eda Akbaş and Banu Ünver: Malaysian Journal of Movement, Health & Exercise, Pages 65-79, April 2018

Answer the questions below, save the document to your computer and submit to executivedirector@fitnessnb.ca

on or before September 30, 2020

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. Pilates may help in _____.
 - a) Stimulating the mind and decreasing mental strain
 - b) Maintaining neutral spin position and core stabilization
 - c) Improve general body flexibility and health
 - d) All of the above

2. What is the study looking to address?
 - a) whether Pilates would improve depression of participants
 - b) whether Pilates would improve emotions, fatigue, and quality of life
 - c) whether Pilates would help the participants lose weight
 - d) whether Pilates would produce emotions and fatigue

3. Which was NOT a dependent variable in this study?
 - a) weight
 - b) anxiety
 - c) gender
 - d) quality of life

4. Which factor decreased in both the experimental and control group after 6 weeks?
 - a) Anxiety
 - b) Body Mass Index
 - c) Hip circumference
 - d) Depression

5. Which factor increased in the Pilates group after 6 weeks?
 - a) Thigh circumference
 - b) Fatigue
 - c) Depression
 - d) Vitality

6. What do the researchers believe makes a difference in the outcome of Pilates training?
- a) length
 - b) content
 - c) participants
 - d) intensity
7. What may help with the consistency, and thus the effectiveness, of the exercise?
- a) Group participation programs
 - b) Short and high intensity programs
 - c) Simple, practical, and feasible programs
 - d) Simple, long, and entertaining programs
8. Pilates may reduce fatigue by the way of _____.
- a) Releasing hypocretin to promote wakefulness
 - b) Reducing redundant muscle activity
 - c) Activating needful muscles for functionality
 - d) Both B and C
9. Pilates contributes to the physical and psychological well-being of young females in terms of all except:
- a) Higher self-esteem
 - b) Quality of life
 - c) Slimness
 - d) Depression
10. According to the authors, future studies on Pilates and physical/mental health should include _____
- a) Higher intensity Pilates program
 - b) Long-term and larger sample size
 - c) Unhealthier participants
 - d) Comparison in gender to the program

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