

Student Self-Test Questions

Student Name

CSNA Module Nine Exam

Student ID #

Choose the correct answer from Module Nine text and selected **SNU Audio Tutorials**

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Answer the following multiple choice test questions and return by email to chi@coryholly.com

1. Shin splints account for up to what percent of injuries among runners?

- 36%
- 26%
- 16%
- 46%

SNU Audio Tutorial: Preventing Sports Injuries

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2. Naturopathy or Nature Cure was first coined by:

- Hippocrates
- Dr. Benedict Lust
- Dr. John Scheel
- Paracelsus

3. What is the approximate annual cost in Canada for treating sports-related injuries in Canadian youth if such costs represent 10% of total medical expenses incurred for the same in the U.S.? (Assume the currency conversion exchange rate is the same 1:1).

- 280 million (CAD)
- 243 million (CAD)
- 180 million (CAD)
- none of the above

4. What is the most common cause of cramping?

- simple dehydration
- electrolyte deficiency
- lack of stretching
- too much exercise

SNU Audio Tutorial: Sports Injuries: Part One

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5. Stitches can be explained in theory by the following:

- ischemic-pain
- ligamentous-pain
- irritation of the parietal peritoneum
- all of the above

6. What is the most common musculoskeletal problem in the sport of golf?

- wrist pain
- elbow pain
- shoulder pain
- low back pain

7. Which of the following is not considered an intrinsic risk factor for sports injuries?

- body size
- skill level
- quality of nutrition
- footwear

8. When injured one should practice an alternative form of therapeutic exercise called:

- indirect training
- reduced pace training
- rest pause training
- active rest

9. Which two enzymes both possess excellent natural anti-inflammatory value?

- bromelain and lipase
- bromelain and protease
- bromelain and amylase
- bromelain and lactase

SNU Audio Tutorial: Sports Injuries: Part Two

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10. Substance P (SP) belongs to a family of three related peptides called:

- leukotrienes
- enkephalins
- neurokinins
- cytokines

11. The application of ice in the treatment of sports injuries is referred to as:

- therapeutic tissue cooling
- cryotherapy
- ice therapy
- all of the above

12. The amount of time we spend on the planet free of disease, infection and morbidity is called:

- health span
- life expectancy
- life span
- health potential

13. What combination of essential oils are recommended for bruises and wounds when mixed with wheat germ oil?

- hyssop, camphor and sage
- lavender, tea tree and lemon
- rosemary, basil and savory
- chamomile, lavender and rose

14. What is the second largest primary health care field in the world?

- Naturopathic medicine
- Traditional Chinese medicine
- Chiropractic medicine
- Botanical medicine

15. Where is excess arachidonic acid stored?

- excess body fat
- in injured joint capsules
- in the liver and spleen
- in red blood cells

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16. Overeating just prior to bedtime interferes with what process?

- the accretion of body fat
- cleansing and healing
- release of prostaglandins
- the degradation of osteoblasts

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17. During inflammation proanthocyanidins can inhibit enzymes secreted by:

- ribosomes
- leukocytes
- platelets
- neurotransmitters

18. Enzymes may be classified as:

- plant enzymes
- digestive enzymes
- metabolic enzymes
- all of the above

19. Curcumin is the active component of what natural herb?

- Comfrey
- Turmeric
- Echinacea
- Goldenseal

20. In what region, gland or organ of the body is ascorbate more concentrated than any other?

- adrenal glands
- blood plasma
- pituitary gland
- spleen