

test questions

CEC Course

Mind-Body-Spirit

Eligibility

Current IDEA members

Total CECs

0.2 CEC from ACE

0.3 CEC from NSCA

0.3 CEC from NASM

Additional credits may be available from other certifications.

CEC-Approved Articles

- The Latest Yoga Research
- The Science of Willpower
- Becoming a Coach: A Roadmap to Training

Certification Agencies

IDEA has been awarded continuing education credits (CECs) or units (CEUs) from selected certification agencies. IDEA is recognized by the American Council on Exercise (ACE) as a Continuing Education Specialist. For those certified by the American College of Sports Medicine (ACSM), CECs from ACE may be applied toward the ACSM continuing education certification process. Additional agencies may accept these credits. Please contact your certification agency to inquire.

Submission Deadline

June 30, 2011

(3 years from publication)

Procedure

1. After reading the articles, complete the multiple-choice test and record your answers on the test answer form. Please select only one answer (a, b, c or d) per question. You may use a photocopy.
2. Return the test answer form, along with your credit card number or check, to this address:
IDEA Home Study
10455 Pacific Center Ct.
San Diego, CA 92121-4339
3. IDEA will mail a certificate of completion within 2 weeks of receiving your test answer form. You must have 80% of the answers correct to pass the test. Please forward all questions to (800) 999-4332, ext. 7, or (858) 535-8979, ext. 7.

1. **What does the term RCT stand for?**
 - a. randomized controlled trial
 - b. random controlled test
 - c. ratio confirmation trial
 - d. rational controlled trial
2. **Which of the following is a characteristic of a small research-study sample size?**
 - a. It produces results that are applicable to the entire population.
 - b. It may not detect subtle effects of the treatment.
 - c. It yields the most reliable results.
 - d. It is the gold standard for all yoga studies.
3. **Which of the following describes the placebo effect?**
 - a. a research practice of providing medications to one study group
 - b. a factor that is often disregarded when making research conclusions
 - c. a treatment that subjects believe is going to work and that has a measurable effect on the study outcome
 - d. a group of subjects who receive no treatment
4. **Which factor(s) may improve the quality of future studies on yoga?**
 - a. large sample sizes
 - b. a control group
 - c. self-reported results
 - d. a and b
5. **According to current research, yoga had what effect on the symptoms of people with carpal tunnel syndrome?**
 - a. It was more effective than a surgical intervention.
 - b. It was not as effective as wearing wrist splints.
 - c. It was an effective long-term therapy.
 - d. It provided a significant short-term benefit.
6. **Which of the following can a regular yoga training program improve?**
 - a. balance, muscular endurance, flexibility and strength
 - b. balance, coordination and speed
 - c. balance, glucose metabolism and muscle strength
 - d. speed, flexibility and coordination
7. **Studies show that yoga has what effect on back pain?**
 - a. It appears to have no effect at all.
 - b. Regular practice of specific viniyoga poses improves certain symptoms of back pain.
 - c. Yoga is contraindicated in any client who has back pain.
 - d. A regular yoga practice can be an effective adjunct therapy after back surgery.
8. **What do studies say is the impact of yoga on anxiety levels?**
 - a. Practicing yoga can heighten anxiety.
 - b. Yoga has no effect on anxiety.
 - c. Positive results have been reported in cases of obsessive-compulsive disorder.
 - d. Adverse effects have been reported from yoga therapy.
9. **Which of the following conditions may improve with regular yoga practice?**
 - a. osteoarthritis, flexibility and back pain
 - b. asthma, ADHD and carpal tunnel syndrome
 - c. suicidal thoughts, osteoarthritis and asthma
 - d. cardiovascular endurance, back pain and asthma
10. **What effect does yoga have on the relief of menopausal symptoms?**
 - a. It improves sleep patterns and quality of sleep.
 - b. It is commonly used in place of hormone therapy.
 - c. It might lessen the severity and duration of hot flashes, but more studies are needed.
 - d. It has no effect at all on the symptoms.

11. Which of the following is **not** an assumption of the “strength” model of willpower?
- Willpower is a mind-body response.
 - Using willpower depletes resources in the body.
 - Willpower is unlimited.
 - Willpower is trainable.
12. Which of the following physiological changes seems to be important for acts of self-control?
- the fight-or-flight response
 - increased heart rate variability
 - decreased heart rate
 - increased respiration rate and depth
13. Which of the following is the “fuel” for acts of willpower?
- patience
 - goals
 - self-esteem
 - blood glucose
14. Which of the following does **not** have a negative long-term effect on willpower?
- physical exercise
 - loneliness
 - dieting
 - sleep deprivation
15. Which of the following has been shown to restore willpower?
- humor
 - a gift
 - physical rest
 - all of the above
16. Which of these statements does willpower research support?
- Willpower can be trained and strengthened through practice.
 - Willpower is a personality trait that cannot be changed.
 - Women have more willpower than men.
 - Willpower is strongest in the evening and weakest when we first wake up.
17. Which of these eating strategies would be most likely to reduce overall willpower?
- choosing low-glycemic foods to keep blood glucose steady
 - eating several small meals throughout the day
 - skipping breakfast to kickstart the willpower system
 - allowing yourself one small daily “treat”
18. Which of the following is **not** a smart strategy for conserving willpower?
- making healthy choices in advance
 - identifying obstacles and how you will deal with them
 - focusing on your positive motivation
 - increasing the number of choices and options you have
19. Which of these statements best describes how different forms of self-control are related to one another?
- All acts of self-control draw on the same source of strength.
 - You have different willpowers for different types of self-control.
 - Physical self-control is more difficult than mental or emotional self-control.
 - Mental or emotional self-control is more difficult than physical self-control.
20. Programs that “exercise” willpower appear to produce what main effect?
- strength (increasing the “heaviest” temptation a person can resist)
 - flexibility (giving people a wide range of behaviors for resisting temptation)
 - speed (making people able to resist temptation faster)
 - endurance (making people less susceptible to willpower depletion)
21. Which of the following would **not** represent how coaching is defined?
- It is collaborative.
 - Clients define goals; coaches choose actions.
 - It is a professional relationship.
 - It relies on dialogue.
22. How long has coaching been on the professional landscape?
- since 1950
 - since 2000
 - about 15 years
 - since the beginning of the 20th century
23. Key features driving growth in the coaching field include all of the following except which one?
- the technology revolution
 - the generally low levels of self-esteem in society
 - the demanding nature of modern careers
 - the fact that coaching gets results
24. Which of the following is most accurate about coaching?
- Anyone can call him/herself a coach.
 - The industry has no recognized standards at all.
 - Coaching adheres to the “medical model.”
 - The training curriculum for coaching has been standardized.
25. Knowing how to do which of the following is **not** one of ICF’s core competencies?
- communicate directly
 - manage accountability
 - ask powerful questions
 - interpret what the client is saying
26. What is one skill that many personal trainers might assume they have mastered but that takes on a far deeper meaning in coaching?
- being an active listener
 - setting goals
 - building trust
 - managing progress >>



27. Which of the following best represents the authors' perspective about requirements for coaching?
- a. Coaches need to have lived the experiences of their clients.
 - b. There are no limitations for a 25-year-old coach working with a 50-year-old client.
 - c. A coach's lived experiences bracket the range of agendas he or she can address.
 - d. Coaching courses present in-depth coverage of knowledge needed.
28. Coach training programs may be based on which of the following theories?
- a. self-efficacy
 - b. appreciative inquiry
 - c. cognitive behavioral theory
 - d. all of the above
29. Which is the most common format for coach training?
- a. face-to-face classes
 - b. teleclasses
 - c. one-on-one mentoring
 - d. self-study programs
30. For virtually all forms of coaching, which of the following seems required?
- a. ICF certification
 - b. a nonexpert style
 - c. in-depth psychological knowledge
 - d. a minimum of a bachelor's degree ■

answer sheet

CEC Course

Mind-Body-Spirit

For each question, circle the correct answer.

- | | | |
|-----------------|-----------------|-----------------|
| 1. a. b. c. d. | 11. a. b. c. d. | 21. a. b. c. d. |
| 2. a. b. c. d. | 12. a. b. c. d. | 22. a. b. c. d. |
| 3. a. b. c. d. | 13. a. b. c. d. | 23. a. b. c. d. |
| 4. a. b. c. d. | 14. a. b. c. d. | 24. a. b. c. d. |
| 5. a. b. c. d. | 15. a. b. c. d. | 25. a. b. c. d. |
| 6. a. b. c. d. | 16. a. b. c. d. | 26. a. b. c. d. |
| 7. a. b. c. d. | 17. a. b. c. d. | 27. a. b. c. d. |
| 8. a. b. c. d. | 18. a. b. c. d. | 28. a. b. c. d. |
| 9. a. b. c. d. | 19. a. b. c. d. | 29. a. b. c. d. |
| 10. a. b. c. d. | 20. a. b. c. d. | 30. a. b. c. d. |

IDEA Member Number _____

Name _____

Address _____

City _____

State/Province _____

Country _____

Zip/Postal Code _____

Phone Number _____

E-Mail _____

I will apply these credits to this certification: _____

Test Number CIFJ0608 Price \$45.00

Payment/U.S. Funds Only (check one):

___ Check ___ Money Order ___ VISA ___ MC ___ AmEx ___ Discover

Credit Card Number _____

Expiration Date _____

Signature _____

NEW!

IDEA PROFESSIONAL EDUCATION

Sessions on DVD

FROM THE 2008

IDEA Fitness Fusion Conference™



Twenty-four sessions from the 2008 Fitness Fusion Conference are now available on DVD in the IDEA Education Store.

HERE ARE A FEW OF THE DVDS AVAILABLE:

Back in Action: Contributing Factors and Corrective Exercises for Low-Back Pain

ERIC BEARD, MS

Learn the common compensations that can lead to back pain and explore corrective exercise strategies to improve the functional status of your client's lower back. **ITEM C910142**

The Real Deal—Functional Anatomy

FRASER QUELCH

Learn what your muscles are doing day to day in function and prepare to be surprised by how this might differ from what we have always been taught. **ITEM C910150**

Medicine Ball Madness

KELI ROBERTS

Rev up your conditioning classes with high-intensity medicine ball training. Combine medicine balls with dumbbells and develop a superset program that really gets results. **ITEM C910162**

Fat-Free Step

FRED HOFFMAN, MED

Treat yourself to a step class that is rich in fun and energy and will burn the fat right off of you! Learn fun and creative combinations that will give your students a pure cardio workout! **ITEM C910145**

Cardio Dance

ROB GLICK

Learn great choreography while having fun, sweating and getting a great workout! **ITEM C910158**

Water Class Design

BETHANY DIAMOND

In this lecture you will learn how to add variety and purpose to the water fitness classes you teach. **ITEM C910150**

“They Say”... Nutrition Questions Answered

JENNA BELL-WILSON, PHD, RD

It is unlikely that you haven't heard a supposed nutrition fact start with, "they say..." It's time to get to the bottom of this common phrase and learn the truth! **ITEM C910152**

Positive Steps to Improved Teamwork

SHANNON FABLE

Group fitness managers are faced with the toughest job in the world... motivating a group of part-time instructors. Discover how to create a well-functioning TEAM. **ITEM C910159**

PRICE PER DVD: \$34.95 Member, \$44.95 Nonmember

To read more about these products and to see other sessions available on DVD from the 2008 IDEA Fitness Fusion Conference, visit the IDEA Education Store at www.ideafit.com.

ORDER NOW

www.ideafit.com/pro_education | 800.999.4332, ext. 7 | 858.535.8979, ext. 7

INSPIRE THE WORLD TO FITNESS®

IDEA
HEALTH & FITNESS ASSOCIATION