



# Recommendations to Prevent Cardiovascular Events

## Home Study Quiz

### How to Earn Your Home Study Quiz CEC

#### Included in this home study:

- 10-Question Multiple-Choice Exam

#### Criteria for successful completion of this quiz include:

- Obtain and read the article, [\*American College of Sports Medicine Expert Consensus Statement to Update Recommendations for Screening, Staffing, and Emergency Policies to Prevent Cardiovascular Events at Health Fitness Facilities.\*](#)
- Complete and submit the 10-question quiz using the answer sheet found on page 4. A minimum score of 70% (i.e.,  $\geq 7$  correct answers) is required to earn the one (1) NETA continuing education credit (CEC) for this quiz. Keep a copy of the completed answer sheet for your records.
- Quiz may also be taken online at the link provided below, which is the preferred method of submission.

<https://www.netafit.org/homestudy-exam/recommendations-to-prevent-cardiovascular-events/>

#### To receive one (1) NETA continuing education credit, do one of the following:

##### Return answer sheet to:

NETA Attention: Home Study Coordinator  
12800 Industrial Park Blvd., Suite 220  
Minneapolis, MN 55441  
Fax: 1-763-545-2524

##### Enter your answers online:

Item #: 9325  
Exam Code: 932593



## About This Home Study Quiz

The purpose of this home study quiz is to reinforce key points provided in the article titled, ***American College of Sports Medicine Expert Consensus Statement to Update Recommendations for Screening, Staffing, and Emergency Policies to Prevent Cardiovascular Events at Health Fitness Facilities***. Published in June 2020, this expert consensus statement replaces the prior statement titled, *AHA/ACSM Joint Position Statement: Recommendations for Cardiovascular Screening, Staffing, and Emergency Policies at Health/Fitness Facilities*, which was published in 1998. The current article is publicly available and may be obtained at:

[https://journals.lww.com/acsm-csmr/FullText/2020/06000/American\\_College\\_of\\_Sports\\_Medicine\\_Expert.9.aspx](https://journals.lww.com/acsm-csmr/FullText/2020/06000/American_College_of_Sports_Medicine_Expert.9.aspx).

Once you have read the full article, then you may proceed to the final quiz. Your responses to the final quiz may be submitted to NETA by mailing the completed answer sheet found on page 4, or by submitting your responses online at <https://www.netafit.org/homestudy-exam/recommendations-to-prevent-cardiovascular-events/>, which is the preferred manner of submission. A minimum score of 70% (i.e.,  $\geq 7$  correct answers) is required to earn the one (1) NETA CEC for this quiz.

Thompson, P.D., Baggish, A.L., Franklin, B., Jaworski, C., & Riebe, D. (2020). American College of sports medicine expert consensus statement to update recommendations for screening, staffing, and emergency policies to prevent cardiovascular events at health fitness facilities. *Current Sports Medicine Reports*, 19(6), 223-231.

[doi: 10.1249/JSR.0000000000000721](https://doi.org/10.1249/JSR.0000000000000721)

*The URL's provided in this document were up-to-date and valid as of December 21, 2021*

## ***Recommendations to Prevent Cardiovascular Events***

### **Final Quiz**

Item #: 9325 Exam Code: 932593

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1. Which of the following is commonly cited as the underlying cause of exercise-related sudden cardiac death in younger individuals?
  - A. Atherosclerotic cardiovascular disease
  - B. Structural cardiovascular abnormalities
  - C. Coronary thrombosis resulting from platelet aggregation
  - D. Occult coronary artery disease
2. Which of the following is the most likely cause of sudden cardiac arrest and sudden cardiac death during or immediately following vigorous exercise among middle-aged and older adults?
  - A. Hypertrophic cardiomyopathy
  - B. Arrhythmogenic right ventricular cardiomyopathy
  - C. Atherosclerotic cardiovascular disease
  - D. Genetic structural cardiovascular abnormalities
3. According to Goodman et al. (2016), what is the rate of exercise-related fatal cardiovascular events among apparently healthy adults in fitness facilities?
  - A. One fatality per 564,423 person hours
  - B. One fatality per 698,219 person hours
  - C. One fatality per 887,526 person hours
  - D. One fatality per 1,124,267 person hours
4. All fitness facilities offering exercise equipment, services, classes, and/or instruction should conduct cardiovascular preparticipation screening of all new members.
  - A. True
  - B. False
5. Which of the following individuals should obtain medical clearance prior to participation in a moderate-intensity exercise class or program?
  - A. Sedentary and asymptomatic individual with no known chronic disease
  - B. Sedentary individual with symptoms suggestive of metabolic disease
  - C. Regularly active and asymptomatic individual with type 2 diabetes
  - D. Regularly active individual with no signs, symptoms, or diagnoses of chronic disease



6. Fitness facilities must have a written emergency response plan that is reviewed quarterly and physically rehearsed by staff at least twice per year?
  - A. True
  - B. False
  
7. What is the most critical treatment to provide in response to ventricular fibrillation (VF)?
  - A. CPR with an emphasis on chest compressions
  - B. The Valsalva maneuver
  - C. The Heimlich maneuver
  - D. An electrical shock delivered by an AED
  
8. Exercise professionals should hold a valid and acceptable CPR/AED certification, including a hands-on practical skills assessment, granted by an accredited organization qualified to provide certification of this nature?
  - A. True
  - B. False
  
9. Fitness certification programs that do not require CPR/AED certification or do not provide training related to risk management should be considered inadequate.
  - A. True
  - B. False
  
10. Which of the following statements is true?
  - A. Due to HIPPA regulations, prospective fitness facility staff should not be required to provide documentation of CPR/AED certification prior to hire.
  - B. CPR/AED certification courses completed every two years are sufficient to maintain skills associated with delivery of emergency care.
  - C. Copies of all fitness staff CPR/AED certifications should be kept on file and regularly reviewed to ensure all certifications are up to date.
  - D. Following initial CPR/AED certification with a hands-on skills assessment, online-only CPR/AED courses are recommended for recertification.

## **Recommendations to Prevent Cardiovascular Events Home Study Quiz Answer Sheet**

Name: \_\_\_\_\_ NETA ID: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

1. (A)(B)(C)(D)    3. (A)(B)(C)(D)    5. (A)(B)(C)(D)    7. (A)(B)(C)(D)    9. (A)(B)(C)(D)  
2. (A)(B)(C)(D)    4. (A)(B)(C)(D)    6. (A)(B)(C)(D)    8. (A)(B)(C)(D)    10. (A)(B)(C)(D)

**Questions:** (Please feel free to indicate additional questions and comments you may have)

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**Return for credit (choose one of the following):**

- Mail to: NETA • 12800 Industrial Park Blvd., Suite 220 • Minneapolis, MN 55441
- Fax to: 1-763-545-2524.
- Complete online: [www.netafit.org](http://www.netafit.org). Select "Home Study", click on "Home Study Exam", select course title from the "Select an Exam" drop down menu, enter item number and exam code listed below.

**Item #: 9325**

**Exam Code: 932593**

<b>Serial #</b>
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Your Certificate of Completion will be mailed to you. Please allow 2-4 weeks for processing.

**THANK YOU!**



## Recommendations to Prevent Cardiovascular Events

### Home Study Evaluation

Please rate the home study materials: 1 is the lowest and 5 is the highest (circle your rating)

Organization and flow of material:	1	2	3	4	5
Quality of this home study course:	1	2	3	4	5
Practical use of this home study course:	1	2	3	4	5

1. How likely are you to recommend this NETA home study course to a colleague?

1	2	3	4	5	6	7	8	9	10
Not Likely				Neutral					Extremely Likely

2. What other home study courses or topics interest you?

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3. Primary purpose for purchasing this home study course:

- |  |  |
|--|--|
| <input type="checkbox"/> Convenience of home study | <input type="checkbox"/> Recommended by colleague  |
| <input type="checkbox"/> Interested in the topic   | <input type="checkbox"/> Recommended by NETA staff |
| <input type="checkbox"/> Need the CECs             | <input type="checkbox"/> Other _____               |

4. Are you currently NETA certified?

Personal Trainer:  Yes  No      Group Exercise:  Yes  No

5. From which other organizations do you presently hold accredited certifications?

ACE     NASM     AFAA     Other: \_\_\_\_\_

6. Please share any additional comments you have regarding this home study course:

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**Please return with your completed exam answer sheet.**