



Title: “Therapeutic Approaches to Exercise and Movement”

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Post-Test (For reference only. You must take and pass the test online for CE credit.)

1. Exercise Addiction may be referred to as:
 - a. Compulsive Exercise
 - b. Anorexia Athletica
 - c. Activity Anorexia
 - d. All of the above
2. The exercise/nutritional intake dynamics in ED are identical, just further along the spectrum of normative populations.
 - a. True
 - b. False
3. The incidence of ED in female athletes has been found to be as high as:
 - a. 42%
 - b. 76%
 - c. 90%
 - d. None of the above
4. The peanut butter effect refers to:
 - a. The avoidance of peanut butter in ED populations
 - b. The sluggish sensation attributable to lack of exercise
 - c. The recognition that peanut butter is a life-saver unless you are allergic to peanuts
 - d. None of the above
5. Peripheral neuropathy that accompanies malnutrition:
 - a. Creates neuro-hypersensitivity
 - b. Raises perceived pain threshold
 - c. Causes poor circulation to extremities
 - d. All of the above
6. Many therapists deal with exercise issues by:
 - a. Avoiding the topic
 - b. Exercising with their patients
 - c. Outsourcing concerns to the client’s personal trainer
 - d. Both A and C
7. The most important therapeutic approach to exercise is:
 - a. To create habits that become second nature
 - b. To emphasize mindfulness and awareness
 - c. To encourage repetitive activity that requires less mental strain
 - d. All of the above
8. Writing assignments covering the following exercise topics may be therapeutically beneficial:
 - a. Exercise as an avoidance behavior
 - b. The relationship between body image and exercise
 - c. Obsessive/compulsive exercise
 - d. All of the above
9. Social avoidance is common in AN, and difficulties in social adaptation have been observed particularly in leisure activities.
 - a. True
 - b. False
10. Issues to watch for regarding patient’s exercise habits include:
 - a. Hyperactivity as a core psychopathology of AN
 - b. Solitary activity which may lead to onset or acceleration of ED
 - c. Timing of exercise – before or after meals
 - d. All of the above