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This article has been accredited for CEU's (ref. no. DT/A01/P00008/2022/00002)

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Only online questionnaires will be accepted.

### Activity 161

1. To be able to race horses professionally in South Africa, jockeys need to maintain their weight around the minimum handicap of:
  - a. 50 kg
  - b. 52 kg
  - c. 54 kg
2. As with other weight making sports, athletes attempt to reach their weight targets by using deleterious weight making techniques which include:
  - a. Fluid restriction
  - b. Use of saunas
  - c. Both of the above
3. As with other weight making sports, the accurate measurement of body composition is important to make sure that there is no surplus body weight in the form of:
  - a. Body fat
  - b. Lean mass
  - c. Glycogen stores
4. The accuracy of skinfold measurements to measure percent body fat in weight making athletes is affected by:
  - a. The athlete's hydration and electrolyte balance
  - b. The skill of the person taking the measurements
  - c. The number of skinfold sites that are measured
  - d. All of the above
5. Bioelectric impedance analysis (BIA) may be a more practical field method of measuring %BF, as the technique:
  - a. Is simpler and therefore there is less likelihood of error although it is impacted by hydration status
  - b. Is simpler and therefore there is less likelihood of error and it is not impacted by hydration status
6. The reference method for the validation of body composition was:
  - a. urine specific gravity
  - b. bioelectric impedance
  - c. deuterium dilution
7. The minimum level of essential body fat was determined as:
  - a. 1 to 3%
  - b. 4 to 6%
  - c. 7 to 9%
  - d. 10 to 12%
8. If under 18 years of age and regardless of hydration state, the following skinfold equation(s) was/were found to be accurate:
  - a. Slaughter et al equation
  - b. Durnin and Womersley
  - c. Jackson and Pollock
  - d. Withers et al
  - e. Lohman
  - f. None of the above
9. If 19 years old and dehydrated, the most accurate equation was the:
  - a. Durnin and Womersley
  - b. Jackson and Pollock
  - c. Slaughter equation
  - d. Withers et al
  - e. Lohman
  - f. None of the above
10. If above 19 years old and dehydrated, then the most accurate equation was the:
  - a. Durnin and Womersley
  - b. Jackson and Pollock
  - c. Slaughter equation
  - d. Withers et al
  - e. Lohman
  - f. None of the above
11. The finding that apprentice jockeys were in a state of chronic dehydration on non-race days was:
  - a. Expected as they needed to shed water weight to meet their weight requirements for racing
  - b. Unexpected as most were able to meet weight requirements with resorting to weight making techniques
12. Both acute and chronic dehydration can negatively impact racing performance by:
  - a. Reducing peak work capacity
  - b. Increasing heart rate
  - c. Increasing the rate of perceived exertion
  - d. Reducing chest and leg strength
  - e. All of the above
13. Chronic dehydration may have long term health consequences and has been associated with renal dysfunction in British jockeys:
  - a. True
  - b. False
14. Accurate methods of body composition are essential in weight making athletes as despite having a normal body mass index some apprentices had:
  - a. Very low fat stores
  - b. A low fat free mass
  - c. Either of the above
15. A small amount of body storage fat is important, over and above the level of essential fat, to:
  - a. Prevent lean mass from being used as an energy fuel
  - b. Prevent glycogen stores from being depleted and the resultant hypoglycaemia
  - c. Prevent vitamins and minerals being depleted