

# Flex Therapist CEUs

## Multiple Sclerosis and Exercise Program Intensity

### Effects of a Short Physical Exercise Intervention on Patients with Multiple Sclerosis (MS)

1. Since resistance training leads to a lesser increase in the core temperature than endurance training, it is better tolerated for heat-sensitive patients with MS.

- A. True
  - B. False
- 

2. Physical limitations of patients with MS is mainly caused by all of the following, except for:

- A. Decreased VO<sub>2</sub>max
  - B. Reduced muscle strength
  - C. Increased heat sensitivity
  - D. All of the above are main causes of physical limitations of patients with MS
- 

3. Even taking into account day-to-day variation in patients with MS, the study's results of an improvement of approximately \_\_\_\_\_ in VO<sub>2</sub>peak can be interpreted as a real training effect.

- A. 5%
  - B. 10%
  - C. 12%
  - D. 16%
- 

4. A better endurance capacity after the training period was apparent from a lower heart rate at rest and at 50 W and lower lactate values at 50 W in both groups, which can be explained by a left shift of the lactate performance curve.

- A. True
  - B. False
- 

5. Which of the following motivation-independent parameters showed a significant improvement of aerobic capacity?

- A. VAT
  - B. Lactate at 50 W
  - C. Heart rate at 50 W
  - D. All of the above
- 

6. The study's results showed a significant improvement in both the endurance workout group and the combined workout group for all of the following subscales, except for:

- A. Physical sum score
  - B. Mental health sum score
  - C. Role limitations due to physical limitations
  - D. Social functioning
- 

7. In patients with MS already, 20 minutes of endurance training are sufficient to improve aerobic capacity.

- A. True
  - B. False
- 

## High Intensity Exercise in Multiple Sclerosis: Effects on Muscle Contractile Characteristics and Exercise Capacity, a Randomized Controlled Trial

8. Which of the following improved after H(IT)R and H(CT)R?

- A. Muscle fiber CSA
  - B. Muscle strength of the weaker legs
  - C. Self-reported physical activity levels
  - D. All of the above
- 

9. Further improvements of all of the following were seen only in H(IT)R, except for:

- A. Endurance capacity
  - B. Muscle extension strength of the stronger legs
  - C. Muscle flexion strength of the stronger legs
  - D. Lean tissue mass
- 

10. Exercise intensity is an important factor to improve cardiorespiratory fitness, arterial stiffness, and hypertension.

- A. True
  - B. False
-

**11. Higher training intensities are more effective and training adaptations are intensity related to MS.**

- A. True**
  - B. False**
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**12. In the present study, type II proportions increased after 12 weeks of H(CT)R, whereas the type I proportion tended to decrease in H(CT)R and H(IT)R.**

- A. True**
  - B. False**
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