

CPD questionnaires must be completed online via [www.cpdjournals.org.za](http://www.cpdjournals.org.za). After submission you can check the answers and print your certificate. Questions may be answered up to 6 months after publication of each issue.

## THE COLLAPSED FOOTBALL PLAYER

- 1. True (A) or false (B) – fill in only block A or B:**  
The commonest cause of sudden cardiac death in persons over 35 years is hypertrophic cardiomyopathy.
- 2. True (A) or false (B) – fill in only block A or B:**  
The commonest cause of collapse of a football player is a minor musculoskeletal injury.

## KNEE INJURIES IN FOOTBALL

- 3. True (A) or false (B) – fill in only block A or B:**  
Few football players are able to remain competitive with an ACL-deficient knee.
- 4. True (A) or false (B) – fill in only block A or B:**  
Menisci are not essential components of the normal knee and can be removed without any long-term effects.

## FOOTBALL EMERGENCY MEDICINE

- 5. Choose one correct answer:**  
Football stadium medical services include the following areas of medicine, namely
  - A. Sports medicine
  - B. Emergency medicine
  - C. Primary health care medicine
  - D. All of the above.
- 6. The most important item in managing a patient in cardiac arrest in a football stadium is:**
  - A. Oxygen cylinder
  - B. Defibrillator
  - C. Spinal immobilisation board
  - D. Adrenaline ampoules.

## CURRENT PERSPECTIVES OF DOPING IN FOOTBALL AND THE 2010 LIST OF PROHIBITED SUBSTANCES

- 7. True (A) or false (B) – fill in only block A or B:**  
Even when out of competition, the doping control agencies need to know the whereabouts of elite athletes at all times.
- 8. True (A) or false (B) – fill in only block A or B:**  
Nutritional supplements are an essential pre-requisite for optimal performance and recovery in elite athletes.

## MEDICAL CONSIDERATIONS IN THE FEMALE FOOTBALL PLAYER

- 9. True (A) or false (B) – fill in only block A or B:**  
Sudden cardiac death is less frequent in women football players than in men.
- 10. True (A) or false (B) – fill in only block A or B:**  
In South Africa limited food availability may be a factor in the female triad.

## FOOTBALL INJURIES – SURVEILLANCE, INCIDENCE AND PREVENTION

- 11. True (A) or false (B) – fill in only block A or B:**  
The risk of injury in football is believed to be high compared with other sports.
- 12. True (A) or false (B) – fill in only block A or B:**  
Head injuries in youth football are rare.

## SPORTS-RELATED CONCUSSION RELEVANT TO THE SOUTH AFRICAN FOOTBALL ENVIRONMENT

- 13. The diagnosis of concussion relies on (choose one):**
  - A. Loss of consciousness
  - B. Retrograde or anterograde amnesia
  - C. Any combination of physical, cognitive, emotional or sleep-related symptoms presenting after a blow
  - D. An abnormal CT or MRI scan
  - E. A psychologist's report.
- 14. Which of the following must be present for a concussed player to return to play (choose one correct answer):**
  - A. The player must be asymptomatic
  - B. A normal neurological examination
  - C. Normalised neuropsychological screen
  - D. Asymptomatic exercise stress test
  - E. All of the above.

## TRAVELLING WITH FOOTBALL TEAMS

- 15. True (A) or false (B) – fill in only block A or B:**  
Yellow fever vaccinations are required for a visit to Ghana.
- 16. True (A) or false (B) – fill in only block A or B:**  
The severity of jet lag depends on the number of time zones crossed, the direction of travel, the fitness status and age of the traveller.

## MUSCLE INJURIES IN FOOTBALL

- 17. True (A) or false (B) – fill in only block A or B:**  
Non-steroidal anti-inflammatories should be avoided in the first 24 - 48 hours after an acute muscle injury.
- 18. True (A) or false (B) – fill in only block A or B:**  
There is a high risk of recurrent injury in the first 12 weeks after the initial injury.

## FOOT AND ANKLE INJURIES IN FOOTBALL PLAYERS

- 19. True (A) or false (B) – fill in only block A or B:**  
The most common football injury is the lateral ankle sprain.
- 20. True (A) or false (B) – fill in only block A or B:**  
After ankle injury, full range of motion, muscle strength, proprioception and neuromuscular function are mandatory to prevent re-injury.