

You can obtain 3 CEU's for reading the article "PRELIMINARY DIETARY RECOMMENDATIONS FOR ADULT SPINAL CORD-INJURED ENDURANCE HAND CYCLISTS" and answering ALL the accompanying questions with a pass mark of 70% or more.

This article has been accredited for CEU's (ref. no. DT/A01/P00004/2025/00008)

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ACTIVITY 191

1. Hand cycling as a parasport has five sport classes (H1–H5), with the lower classes (H1 and H2) indicating:
 - a) higher performance levels
 - b) more severe activity limitations
 - c) no difference in impairment
2. Reduced muscle mass in spinal cord-injured (SCI) endurance hand cyclists leads to:
 - a) lower glycogen storage capacity
 - b) higher sweat rates
 - c) faster carbohydrate absorption
3. Compared to able-bodied athletes, SCI endurance hand cyclists have a lower upper limit for daily carbohydrate intake because of:
 - a) higher sweat rates
 - b) reduced muscle mass and glycogen storage capacity
 - c) increased energy expenditure
4. The following nutrients should receive special attention with regards to the management of pressure sores in SCI endurance hand cyclists:
 - a) protein, vitamin A, C, D, zinc, selenium and iron
 - b) carbohydrates, vitamin A, C, D, zinc, selenium and iron
 - c) fat, vitamin A, C, D, zinc, selenium and iron
5. SCI endurance hand cyclists may restrict fluid intake during exercise due to:
 - a) limited hand function
 - b) compromised bladder function and risk of urinary tract infections
 - c) all of the above
6. Compared to recommendations for able-bodied athletes, the protein recommendation for SCI endurance hand cyclists is:
 - a) slightly higher (1.25–2.0 g/kg BW/day)
 - b) slightly lower (0.8–1.0 g/kg BW/day)
 - c) the same as able-bodied athletes (1.2–2.0 g/kg BW/day)
7. SCI endurance hand cyclists are advised to include the following type of foods as part of their pre-exercise meal:
 - a) Low- to medium-GI carbohydrates such as oats, bananas, whole-grain toast
 - b) High-fat foods such as bacon and eggs
 - c) High-GI carbohydrates such as carbohydrate energy drinks and sugary sweets
8. To compensate for delayed gastric emptying, SCI endurance hand cyclists should aim to consume their pre-exercise meal at least:
 - a) 30 minutes before exercise
 - b) 1.5 hours before exercise
 - c) immediately before exercise
9. During exercise, SCI endurance hand cyclists should aim to achieve a fluid intake of approximately:
 - a) 200–250 ml every 10–15 minutes
 - b) 100–125 ml every 10–15 minutes
 - c) 50 ml every 10–15 minutes
10. To replenish glycogen stores and support recovery, SCI endurance hand cyclists should aim to consume the following within 30–60 minutes post-exercise:
 - a) 1.0–1.2 g/kg BW carbohydrate and 0.3–0.5 g/kg BW protein
 - b) 0.5 g/kg BW carbohydrate only
 - c) 2.0 g/kg BW protein only
11. The following micronutrients should receive special attention in SCI hand cyclists due to an increased risk for poor bone health and anaemia:
 - a) Iron, calcium and Vitamin D
 - b) Calcium, iron and Vitamin A
 - c) Magnesium, calcium and iron
12. A key difference in the physiological challenges between tetraplegic and paraplegic athletes is that tetraplegic athletes typically have:
 - a) higher sweat rates and better thermoregulation
 - b) more severe limitations in hand function and lower sweat rates
 - c) less risk of pressure sores and bone fractures
13. The authors developed these preliminary recommendations primarily through a:
 - a) large-scale clinical trial on SCI hand cyclists
 - b) narrative review of existing literature
 - c) systematic review and meta-analysis
14. "Testing and implementation of these recommendations is warranted to:"
 - a) replace all existing sports nutrition guidelines for para-athletes.
 - b) help establish clinical guidelines with practices tailored to the specific physiological and nutritional needs of paralympic athletes
 - c) be applied universally to all Paralympic athletes without modification
15. Sport nutrition recommendations for able-bodied athletes are often not fully applicable to SCI endurance hand cyclists because SCI athletes have:
 - a) higher muscle mass and faster metabolism
 - b) unique physiological and nutrition-related challenges
 - c) higher carbohydrate needs