

## **ICS CME CREDIT QUIZ: 1 CREDIT HOUR CATEGORY 1**

To earn credit, read the CME credit articles and the answer the questions below. Circle your answer and return to the ICS per instructions at the end of the quiz. To earn credit, a minimum score of 70% must be obtained. Each quiz may be submitted only once for credit consideration and must be submitted within one year after the date of issue.

*Journal of Manipulative and Physiological Therapeutics, July-December 2025 A .*

### **DANCE RHYTHMS AND RECOVERY PERIOD**

**(P. 662-670)**

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| <p>1. What percent of freshman students were included in this study?</p> <p>A. 10</p> <p>B. 11</p> <p>C. 12</p> <p>D. 15</p> <p>2. What was the decibel level for the music?</p> <p>A. 50</p> <p>B. 60</p> <p>C. 70</p> <p>D. 80</p> <p>3. How many participants were in the 100-bpm group?</p> <p>A. 52</p> <p>B. 53</p> <p>C. 54</p> <p>D. 55</p> | <p>4. Which of the following dance rhythms, in bpm, had significantly lower HRV and SDNN values?</p> <p>A. 60</p> <p>B. 80</p> <p>C. 100</p> <p>D. 140</p> <p>5. Which of the following increase the probability of SCD and AML events?</p> <p>A. Moderately suppressed HRV</p> <p>B. Moderately suppressed SDNN</p> <p>C. Highly suppressed HRV</p> <p>D. Highly suppressed SDNN</p> <p>6. Which of the following HRV triangular indices may trigger an AFib event?</p> <p>A. &lt;15</p> <p>B. 18</p> <p>C. 20</p> <p>D. &gt;22</p> |
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I attest that I have read the articles and answered the test questions for this issue 07-12/2025 A

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