

# Level 1 Screening Training

101

Name: \_\_\_\_\_

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision (Choose One)		Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1	<del>✓</del>	✓ (4)	Correct
Study #2	✓		Correct
Study #3	✓		Correct
Study #4	✓		Correct
Study #5		✓ (1)	Correct
Study #6		✓ (2)	Correct
Study #7		✓ (2)	Correct
Study #8		✓ (4)	Correct
Study #9	✓		Correct
Study #10		✓ (4)	Correct
# Correct Out of 10:			10 out of 10 correct

If you answered 'No' to not including a study for a Level 2 Screening, was it because.....

- 1 It was not a randomized, controlled trial?
- 2 The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
- 3 There was no concurrent training condition?
- 4 There was no resistance training only <sup>and</sup> aerobic training only condition?
- 5 Body fat, body fat %, or bodyweight was not assessed?

# Level 1 Screening Training

102

Name: \_\_\_\_\_

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision (Choose One)		Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1		No 4	Correct
Study #2	<del>No</del> maybe		Correct
Study #3	Yes		Correct
Study #4	maybe		Correct
Study #5		No / 1	Correct
Study #6		No / 2	Correct
Study #7		No / 2	Correct
Study #8		No /	Correct
Study #9	maybe		Correct
Study #10		No	Correct
# Correct Out of 10:			10 out of 10 correct

If you answered 'No' to not including a study for a Level 2 Screening, was it because.....

- 1 It was not a randomized, controlled trial?
- 2 The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
- 3 There was no concurrent training condition?
- 4 There was no resistance training only or aerobic training only condition?
- 5 Body fat, body fat %, or bodyweight was not assessed?

# Level 1 Screening Training

103

Name: \_\_\_\_\_

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision (Choose One)		Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1		no (4)	correct
Study #2	yes		correct
Study #3	yes		correct
Study #4	yes		correct
Study #5		no (1)	correct
Study #6		no (2)	correct
Study #7		no (2)	correct
Study #8		no (4)	correct
Study #9	yes		correct
Study #10		no (3,4)	correct
# Correct Out of 10:			10 out of 10 correct

If you answered 'No' to not including a study for a Level 2 Screening, was it because.....

- 1 It was not a randomized, controlled trial? 4 weeks
- 2 The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
- 3 There was no concurrent training condition?
- 4 There was no resistance training only <sup>and</sup> aerobic training only condition?
- 5 Body fat, body fat %, or bodyweight was not assessed?

# Level 1 Screening Training

104

Name \_\_\_\_\_

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision (Choose One)		Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1		4	correct
Study #2	Y		correct
Study #3	Y		correct
Study #4	Y		correct
Study #5		1	correct
Study #6		2	correct
Study #7		2	correct
Study #8	<del>Y</del>	4	correct
Study #9	Y		correct
Study #10		4	correct
# Correct Out of 10:			_____ out of 10 correct

If you answered 'No' to not including a study for a Level 2 Screening, was it because.....

- 1 It was not a randomized, controlled trial?
- 2 The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
- 3 There was no concurrent training condition?
- 4 There was no resistance training only <sup>and</sup> aerobic training only condition?
- 5 Body fat, body fat %, or bodyweight was not assessed?

# Level 1 Screening Training

IDS

Name: \_\_\_\_\_

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision (Choose One)		Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1		NO(4)	Correct
Study #2	Yes		Correct
Study #3	Yes		Correct
Study #4	Yes		Correct
Study #5		NO(1)	Correct
Study #6		NO(2)	Correct
Study #7		NO(2)	Correct
Study #8		NO(4)	Correct
Study #9	Yes		Correct
Study #10		NO(3,4)	Correct
# Correct Out of 10:			10 out of 10 correct

If you answered 'No' to not including a study for a Level 2 Screening, was it because.....

- \_\_\_\_\_ It was not a randomized, controlled trial? (no review)
- \_\_\_\_\_ The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
- \_\_\_\_\_ There was no concurrent training condition? (group) 4 weeks and
- \_\_\_\_\_ There was no resistance training only or aerobic training only condition?
- \_\_\_\_\_ Body fat, ~~body~~ body fat %, or bodyweight was not assessed?

# Level 1 Screening Training

Name: \_\_\_\_\_

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision (Choose One)		Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1		No	Correct
Study #2	YES		Correct
Study #3	YES		Correct
Study #4	YES	No	Correct
Study #5		No	Correct
Study #6		No	Correct
Study #7		No	Correct
Study #8		No	Correct
Study #9	YES		Correct
Study #10		No	Correct
# Correct Out of 10:			10 out of 10 correct

If you answered 'No' to not including a study for a Level 2 Screening, was it because.....

- \_\_\_\_\_ It was not a randomized, controlled trial?
- \_\_\_\_\_ The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
- \_\_\_\_\_ There was no concurrent training condition?
- \_\_\_\_\_ There was no resistance training only/or aerobic training only condition?
- \_\_\_\_\_ Body fat, body fat %, or bodyweight was not assessed?

ID7

## Level 1 Screening Training

Name:

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision (Choose One)		Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1		4	CORRECT
Study #2	✓		CORRECT
Study #3	✓		CORRECT
Study #4	✓		CORRECT
Study #5		1	CORRECT
Study #6		2	CORRECT
Study #7	<del>NO</del>	2	CORRECT
Study #8	<del>NO</del>	<del>NO</del> 4	CORRECT
Study #9	✓		CORRECT
Study #10	<del>NO</del>	✓ 4	CORRECT
# Correct Out of 10:			10 out of 10 correct

If you answered 'No' to not including a study for a Level 2 Screening, was it because.....

- 1 It was not a randomized, controlled trial?
- 2 The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
- 3 There was no concurrent training condition?
- 4 There was no resistance training only or aerobic training only condition?
- 5 Body fat, body fat %, or bodyweight was not assessed?  
yes if not stated

# Level 1 Screening Training

I08

Name:

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision (Choose One)		Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1		✓ 5	Correct.
Study #2	✓		Correct
Study #3	✓		Correct.
Study #4	✓		Correct.
Study #5		✓ 4	Correct
Study #6		✓ 2	Correct
Study #7		✓ 2	Correct.
Study #8	✓		No endurance group. ✓✓
Study #9	✓		Correct
Study #10		✓ 5	Correct
# Correct Out of 10:			9 out of 10 correct

If you answered 'No' to not including a study for a Level 2 Screening, was it because.....

- 1 It was not a randomized, controlled trial?
- 2 The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
- 4 There was no concurrent training condition?
- 5 There was no resistance training only <sup>and</sup> aerobic training only condition?
- 6 Body fat, body fat %, or bodyweight was not assessed?



# Level 1 Screening Training

ID 9

Name \_\_\_\_\_

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision (Choose One)		Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1		No #4	Correct
Study #2	Yes		Correct
Study #3	Yes		Correct
Study #4	Yes		Correct
Study #5		No #1	Correct
Study #6		No #2	Correct
Study #7		No #2	Correct
Study #8		No #4	Correct
Study #9	Yes		Correct
Study #10		No #4	Correct
# Correct Out of 10:			10 out of 10 correct

If you answered 'No' to not including a study for a Level 2 Screening, was it because.....

- \_\_\_\_\_ It was not a randomized, controlled trial?
- \_\_\_\_\_ The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
- \_\_\_\_\_ There was no concurrent training condition?
- \_\_\_\_\_ There was no resistance training only <sup>and</sup> aerobic training only condition?
- \_\_\_\_\_ Body fat, body fat %, or bodyweight was not assessed?

# Level 1 Screening Training

#010

Name: \_

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision (Choose One)		Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1		✓	correct
Study #2	✓		correct
Study #3	✓		correct
Study #4	✓		correct
Study #5		✓	correct
Study #6		✓	correct
Study #7		✓	correct
Study #8		✓	correct
Study #9	✓		correct
Study #10		✓	correct
# Correct Out of 10:			10 out of 10 correct

If you answered 'No' to not including a study for a Level 2 Screening, was it because.....

5 It was not a randomized, controlled trial?

6,7 The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?

\_\_\_\_\_ There was no concurrent training condition?

1,10,8 There was no resistance training only or aerobic training only condition?

\_\_\_\_\_ Body fat, body fat %, or bodyweight was not assessed?

## Level 1 Screening Training

Name: \_\_\_\_\_

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision (Choose One)		Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1	<del>Yes</del>	✓ 4,5	Correct
Study #2	✓		Correct
Study #3	✓		Correct
Study #4	✓	✓	Correct
Study #5		✓	Correct
Study #6		✓ 2	Correct
Study #7		✓ 2	Correct
Study #8	<del>Yes</del>	✓	Correct
Study #9	✓		Correct
Study #10		✓	Correct
# Correct Out of 10:			10 out of 10 correct

If you answered 'No' to not including a study for a Level 2 Screening, was it because.....

- 1 \_\_\_\_\_ It was not a randomized, controlled trial?
- 2 \_\_\_\_\_ The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_ There was no concurrent training condition?
- 4.5 \_\_\_\_\_ There was no resistance training only or aerobic training only condition?
- 5 \_\_\_\_\_ Body fat, body fat %, or bodyweight was not assessed? 3 grams  
OK or not in abstract