

# THE 6TH ISPAH INTERNATIONAL CONGRESS ON PHYSICAL ACTIVITY

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### **The 6th Ispah International Congress on Physical Activity: Q&A**

The 6th Ispah International Congress on Physical Activity will be held in Isfahan, Iran, from October 19-21, 2023. The congress will bring together researchers, policymakers, and practitioners from around the world to discuss the latest advances in physical activity and health.

#### **Q: What is the theme of the congress?**

A: The theme of the congress is "Physical Activity for Health and Sustainable Development." The congress will explore the role of physical activity in promoting health and preventing chronic diseases, as well as its contribution to environmental sustainability.

#### **Q: Who should attend the congress?**

A: The congress is designed for a wide range of attendees, including:

- Researchers in the field of physical activity and health
- Policymakers and public health officials
- Healthcare professionals
- Exercise scientists
- Fitness professionals
- Students

#### **Q: What can attendees expect to gain from the congress?**

A: Attendees can expect to:

- Learn about the latest research in physical activity and health
- Network with leading experts in the field
- Develop new strategies for promoting physical activity
- Gain insights into the role of physical activity in sustainable development

**Q: How can I register for the congress?**

A: Registration for the congress is now open. Attendees can register online at the congress website: <https://www.ispahcongress.ir/>

**Q: What is the deadline for registration?**

A: The deadline for early registration is September 15, 2023. After this date, the registration fee will increase.

## **Study Guide and Intervention Answer Key: Algebra 2**

### **Paragraph 1:**

**Question 1:** Factor the trinomial  $x^2 + 5x + 6$ . **Answer:**  $(x + 3)(x + 2)$

**Question 2:** Solve the quadratic equation  $x^2 - 10x + 25 = 0$ . **Answer:**  $x = 5$

### **Paragraph 2:**

**Question 3:** Graph the function  $y = 2x^2 - 4x + 3$ . **Answer:** A parabola with vertex  $(1, 0)$  and axis of symmetry  $x = 1$

**Question 4:** Find the slope of the line passing through the points  $(2, 5)$  and  $(4, 1)$ .  
**Answer:**  $-2$

### **Paragraph 3:**

**Question 5:** Solve the system of equations:

$$x + y = 5$$

$$2x - y = 0$$

**Answer:**  $x = 2, y = 3$

**Question 6:** Find the domain and range of the function  $f(x) = 1/x$ . **Answer:** Domain: All real numbers except  $x = 0$ ; Range: All real numbers except  $y = 0$

**Paragraph 4:**

**Question 7:** Simplify the expression  $(x^2 - 4)/(x - 2)$ . **Answer:**  $x + 2$

**Question 8:** Find the equation of the circle with center  $(3, 2)$  and radius 5. **Answer:**  $(x - 3)^2 + (y - 2)^2 = 25$

**Paragraph 5:**

**Question 9:** Determine if the function  $f(x) = |x - 3|$  is even, odd, or neither. **Answer:** Odd

**Question 10:** Find the inverse of the function  $f(x) = 2x + 1$ . **Answer:**  $f^{-1}(x) = (x - 1)/2$

## **The Great Explorers**

### **1. Who were the great explorers?**

The great explorers were individuals who made significant journeys and discoveries, expanding our knowledge of the world and its geography. They hailed from various countries and historical periods, driven by an insatiable curiosity, a thirst for adventure, and a desire to explore the unknown.

### **2. Why were they driven to explore?**

The motivations of the great explorers were complex and varied. Some were driven by a pure desire for knowledge and understanding of the world. Others sought wealth, glory, or new trade routes. Cultural curiosity, religious fervor, and geopolitical ambitions also played a role in fueling their journeys.

### **3. What were some of their greatest achievements?**

The great explorers made numerous groundbreaking discoveries that forever changed our understanding of the world. Christopher Columbus's expedition in 1492 resulted in the discovery of the Americas. Vasco da Gama's voyage around the Cape of Good Hope in 1498 opened up a sea route to India. Ferdinand Magellan's circumnavigation of the globe in 1519-1522 proved that the Earth was round.

#### **4. What challenges did they face on their journeys?**

The great explorers faced immense challenges on their arduous journeys. They encountered treacherous weather, unknown and hostile terrains, and dangerous encounters with indigenous peoples. Disease, starvation, and mutiny were also constant threats. Despite these challenges, they persevered, driven by their indomitable spirit and unwavering determination.

#### **5. How have their explorations shaped our world today?**

The explorations of the great explorers had a profound impact on the course of human history. Their discoveries led to the establishment of new trade routes, the expansion of empires, and the spread of knowledge. They also shaped our understanding of geography, astronomy, and navigation. The legacy of the great explorers continues to inspire generations of adventurers and explorers today.

**What was the puzzle in the Da Vinci Code called?** The (first) cryptex featured in the novel *The Da Vinci Code* is described as a stone cylinder comprising "five doughnut-sized disks of marble [that] had been stacked and affixed to one another within a delicate brass framework"; end caps make it impossible to see inside the hollow cylinder.

**What is the hardest puzzle ever created?** The most difficult jigsaw puzzle ever made is the "Puzzle of Life" with 43,252 pieces. It was created by German artist, Josef Frueh and measures 18ft long by 6ft high when completed.

**What is the puzzle that Cannot be solved?** Seven Bridges of Königsberg – Walk through a city while crossing each of seven bridges exactly once. Three cups problem – Turn three cups right-side up after starting with one wrong and turning two at a time. Three utilities problem – Connect three cottages to gas, water, and electricity without crossing lines.

**What is the hardest puzzle on the internet?** About the show In 2012, a mysterious organisation known as Cicada 3301 announced itself to the world with a cryptic post seeking 'highly intelligent individuals. ' What followed became known as the hardest puzzle on the internet. One that took players to all corners the internet and out into real-world locations.

**Is a cryptex a real thing?** The well-secured and entirely secret vault was in reality a figment in the imagination of the author Dan Brown. Writing in the novel The Da Vinci Code published in 2003, he came up with the idea of a vault containing a scroll, secured by a combination lock.

**What is the secret behind The Da Vinci Code?** Two secrets lie at the heart of The Da Vinci Code: Secret #1: Jesus Christ married Mary Magdalene and fathered a daughter, who was raised in secret in Gaul (modern France) to avoid Church persecution — and whose descendants live to this day.

**What is the oldest puzzle known to man?** The Stomachion is a famous mathematical puzzle attributed to Archimedes. It involves rearranging 14 tangram pieces to form a square. Each piece represents a different shape, and the goal is to assemble them into a perfect square.

**Why is the 15 puzzle impossible?** The 14-15 Puzzle and other problems The empty space is on a white position so this problem (including the problem of having the tiles on their sides) is unsolvable. which is an odd permutation with the space on a green position so it is an unsolvable problem.

**What is the most famous puzzle in the world?** 1. The Rubik's Cube: The Rubik's Cube, invented by Ern? Rubik in 1974, is an iconic and internationally recognized puzzle. With its 3x3x3 grid of colored cubes, the Rubik's Cube challenges players to twist and turn its sides to solve the puzzle and align all the colors.

**What's the oldest puzzle?** The Stomachion is perhaps the world's oldest puzzle and it is very difficult to solve. It is associated with Archimedes of Greece (287 BC - 212 BC) who did mathematical analysis of the shape.

**What is a never ending puzzle called?** The Infinity Puzzle <sup>TM</sup> is a new type of jigsaw puzzle that tiles continuously. It has no fixed shape, no starting point, and no

edges. It can be assembled in thousands of different ways.

**What is the worlds hardest logical riddle?** It is stated as follows: Three gods A, B, and C are called, in no particular order, True, False, and Random. True always speaks truly, False always speaks falsely, but whether Random speaks truly or falsely is a completely random matter.

**Did anyone solve Cicada 3301?** Joel Eriksson is one of the few known people to have actually solved it since the first challenge appeared online. "I stumbled upon it on one of the image boards the first image was posted to in 2012," says Eriksson, a 34-year-old cryptosecurity researcher and developer from Sweden.

**What is the nickname for a cicada?** There are many nicknames for cicadas. Periodic cicadas (17-year/13-year Magicicadas) are often called Locusts. Annual, summertime cicadas (primarily Tibicens) are called Jar Fly or Jarfly, Harvest Fly or "Dog Day" cicada depending on what part of the USA you're from.

**Was Cicada 3301 real?** Many have speculated that the puzzles are a recruitment tool for the NSA, CIA, MI6, a "Masonic conspiracy", or a cyber mercenary group. Others have stated Cicada 3301 is an alternate reality game, although no company or individual has attempted to monetize it.

**What exactly is the Holy Grail in Da Vinci Code?** Answer and Explanation: By the end of The Da Vinci Code it has been revealed that the Holy Grail is not a cup or chalice that held the blood of Christ, but a sarcophagus containing the bones of Mary Magdalene.

**What is the Da Vinci sequence?** The Fibonacci Sequence is mentioned in Chapter 11 of Dan Brown's novel The Da Vinci Code. The first 8 Fibonacci numbers were written in a scrambled order: 13-3-2-21-1-1-8-5. This arrangement was a hint to decipher the anagram which was written with it as a clue.

**What is the password for the cryptex in The Da Vinci Code?** He compels Langdon at gunpoint to solve the second cryptex's password, which Langdon realizes is "apple." Langdon secretly opens the cryptex and removes its contents before tossing the empty cryptex in the air.

**What was inside the cryptex da vinci code?** The Cryptex functions like a bicycle combination lock. Inside the device, discs must be positioned in the exact manner to spell out a correct, preset password. Tumblers inside the lock then align, allowing the inner cylinder to slide apart, protecting the contents in the inner space.

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