Covered Article: “Small steps in fitness, major leaps in health for adults with intellectual disabilities”
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1) Explain why older adults with intellectual disabilities are at risk for unhealthy aging.

2) List the three physical fitness components that can predict survival in the general population.

3) What is the difference between the physical fitness levels of older adults with intellectual disabilities and the general population?

4) What are the negative consequences of poor physical fitness levels in older adults with intellectual disabilities?

5) Explain the difference between risk ratio and hazard ratio.

6) What are the two most important personal characteristics that need to be taken into account when defining cut-off values?

7) What factors are important when deciding whether the results from the general population can be translated to specific populations, such as people with intellectual disabilities (external validity)?

8) Describe why it is important to improve physical fitness in extremely unfit populations.

9) Would you expect the association between physical fitness and survival (figure 1) to be linear or curvilinear? Explain the reason for your answer.