

Chapter 01 Test Bank

Student: _____

1. Success in sport is based primarily upon superior athletic ability, which in turn depends mostly on which of these two major factors?
 - A. Mechanical and psychological coaching and training
 - B. Biomechanical and physiological characteristics
 - C. Natural genetic endowment and state of training
 - D. Psychological and physiological genetic characteristics
2. Nutrients perform three major functions in the human body. Among these is
 - A. providing energy, with protein being the prime source.
 - B. regulating body processes with fat being the prime contributor.
 - C. building and repairing body tissues with vitamins and minerals being the prime source.
 - D. building and repairing body tissues with protein being the prime source.
3. The leading cause of death in the United States is
 - A. infectious diseases.
 - B. cancer.
 - C. stroke.
 - D. diseases of the heart.
4. Which of the following would be considered a component of health-related fitness?
 - A. Flexibility
 - B. Speed
 - C. Power
 - D. Skill
5. How many average minutes per day of moderate exercise is recommended?
 - A. 15
 - B. 20
 - C. 30
 - D. 45
6. What percent of the American adult population actually engages in the recommended levels of physical activity?
 - A. 15
 - B. 28
 - C. 42
 - D. 58
7. The nutrients that are primarily responsible for helping to regulate bodily processes are
 - A. carbohydrates and fat.
 - B. vitamins, minerals, and protein.
 - C. carbohydrate, fat, and minerals.
 - D. fat, protein, and carbohydrates.
8. According to the Prudent Healthy Diet, you should
 - A. balance the food you eat with physical activity.
 - B. obtain much of your daily protein from animal sources.
 - C. reduce the amount of fluoride you consume.
 - D. not be concerned about food additives.

9. Which of the following risk factors associated with coronary heart disease is classified as a major risk factor?
- A. Smoking and sedentary lifestyle
 - B. Gender and stressful lifestyle
 - C. Dietary intake and race
 - D. Gender and age
10. According to research, which of the following athletic groups appear to be obtaining adequate nutrition?
- A. Gymnasts
 - B. Runners
 - C. Ballet dancers
 - D. Football players
11. Which of the following factors does NOT support the concept that sports nutrition is becoming increasingly important for optimal athletic performance?
- A. The published literature about nutrition for sports is limited to information from sports magazines and books
 - B. An organization known as SCAN was created due to concern about sports nutrition
 - C. National and international food product corporations are manufacturing food products specifically for the athlete
 - D. Courses in sports nutrition have been developed at many colleges
12. Malnutrition may exist
- A. when an individual does not receive an adequate intake of nutrients.
 - B. when an individual consumes excessive amounts of single or multiple nutrients.
 - C. to such an extent that insufficient energy may impair athletic performance.
 - D. All of these choices are correct.
13. Which of the following is true of ergogenic aids?
- A. They may only be classified as mechanical or nutritional
 - B. There are a number of theoretical nutritional aids, but they are limited to the vitamin and mineral supplements
 - C. Supplementation is necessary for most athletes to improve their performance
 - D. All essential nutrients are considered to be legal for use in conjunction with athletic competition
14. The most prevalent ergogenic aids used to increase sport performance are those classified as
- A. physiological.
 - B. nutritional.
 - C. pharmacological.
 - D. mechanical.
15. The use of hypnosis to improve performance is an example of which classification of ergogenic aid?
- A. Mechanical
 - B. Psychological
 - C. Physiological
 - D. Pharmacological
16. Chromium and boron supplements would be an example of which major classification of nutritional supplement?
- A. Vitamin
 - B. Protein
 - C. Carbohydrate
 - D. Mineral

17. Which of the following statements is NOT correct dealing with the topic of quackery in health and sports?
- The term quackery refers to the fake practitioner, as well as the worthless product
 - It has been estimated that 5 billion dollars a year are spent on questionable health practices in the United States alone
 - Coaches may suggest to their athletes that certain food supplements are essential to success
 - Many questionable products are advertised by currently popular personalities and are expensive when compared to equivalent nutrients obtained from ordinary food
18. If a nutritional consultant is sought for guidance, that individual should
- have personal expertise with the ergogenic aid advertised.
 - have a PhD.
 - be a registered dietician or clinical nutritionist.
 - be a published author in a national journal or magazine.
19. Which of the following is true of experimental research?
- The results of a single study are sufficient to prove a theory
 - It is essential to establishing a cause and effect relationship
 - It is an easy task to control risk factors in free-living humans
 - It involves studying large populations to find relationships between two or more variables
20. Dietary supplements may contain
- essential vitamins and minerals.
 - herbal products such as ginkgo.
 - various amino acids.
 - All of these choices are correct.
21. An ergogenic aid is something that is
- added to a food to increase its nutrient value.
 - designed to increase potential for work output, such as in sport.
 - used to restore nutrients removed in processing.
 - a legal term used by the FDA to designate nutritional supplements that may enhance health status.
 - a device used to facilitate the measurement of energy in a food.
22. Which of the following is not a health-related fitness component?
- Body composition
 - Cardiovascular fitness
 - Speed
 - Flexibility
 - Muscular strength
23. Sport nutrition involves eating strategies to
- promote good health.
 - optimize adaptations to training.
 - recover rapidly from an intense or prolonged training session.
 - perform optimally during competition.
 - optimize adaptations to training and recover rapidly from an intense or prolonged training session.
 - promote good health, optimize adaptations to training, recover rapidly from an intense or prolonged training session, and perform optimally during competition.
24. Sound nutritional research involving exercise performance is best performed using placebo controls, crossover designs, and double-blinded use of nutritional ergogenics. In which of the following publications would you be LEAST likely to find such a study?
- International Journal of Sport Nutrition and Exercise Metabolism
 - Medicine and Science in Sports and Exercise
 - Journal of the American Dietetics Association

D. Runner's World
E. Journal of Applied Physiology

25. Which of the following is NOT a potential benefit of physical activity?
- A. reduced levels of depression and anxiety
 - B. improved control of body weight and body fatness
 - C. reduced risk of developing diabetes
 - D. prevention of skin cancer
 - E. reduced risk of osteoporosis, or frail bones
26. Which of the following groups of athletes may be susceptible to a nutrient deficiency due to inadequate or sporadic caloric intake?
- A. gymnasts and ballet dancers
 - B. endurance athletes attempting to improve efficiency through weight loss
 - C. wrestlers attempting to make a low weight class
 - D. bodybuilders trying to attain a low body fat percentage
 - E. all of these groups may be susceptible to a nutrient deficiency
27. Which of the following is the key principle underlying the adaptations to exercise that may provide a wide array of health benefits, and incorporates the intensity, duration, and frequency of exercise?
- A. Overload
 - B. Progression
 - C. Reversibility
 - D. Overuse
 - E. Specificity
28. Although exercise may confer many health benefits, excessive exercise may actually impair health. Which of the following is a potential health problem associated with excessive exercise?
- A. Orthopedic problems.
 - B. Impaired immune functions.
 - C. Heat illness and kidney failure.
 - D. Heart attack.
 - E. All of these choices are correct.
29. In the concept of Food is Medicine, which of the following is not one of the proposed effects of various nutrients and appropriate energy intake that may help promote good health?
- A. Decrease insulin sensitivity
 - B. Reduce blood pressure
 - C. Reduce inflammation
 - D. Enhance immune system functions
 - E. Prevent damaging oxidative processes
30. Which basic principle of exercise training is associated with the concept that cardiovascular-respiratory training will enhance adaptations primarily in the heart whereas resistance training will enhance adaptations primarily in the skeletal muscles?
- A. Overuse
 - B. Overload
 - C. Specificity
 - D. Progression
 - E. Reversibility

31. Based on recent recommendations of the American College of Sports Medicine and the American Heart Association relative to exercise and health benefits for adults, which of the following statements is false?
- A. Moderate-intensity aerobic exercise should be done for a minimum of 30 minutes daily on 5 days each week
 - B. Vigorous-intensity exercise may be done for a minimum of 20 minutes on 3 days each week
 - C. Each daily exercise bout of aerobic exercise may be done continuously or in smaller segments, such as three 10-minute bouts
 - D. In general, more is better as exceeding the minimum recommended amounts of exercise may provide additional health benefits
 - E. Resistance exercise, including exercises for the major muscle groups in the body, is recommended at least 5, and preferably 7 days per week
32. According to the *Healthy People 2020* report from the United States Department of Health and Human Services, what percentage of adults in the United States do not meet the guidelines for both aerobic and muscle-strengthening activities.
- A. 10
 - B. 20
 - C. 40
 - D. 60
 - E. 80
33. According to the recent American College of Sports Medicine Position Stand on physical activity and weight loss, how many minutes of exercise per week has been associated with clinically significant weight loss.
- A. 30
 - B. 60
 - C. 100
 - D. 150
 - E. More than 250
34. According to the recent report, *Dietary Guidelines for Americans 2010*, which of the following is not representative of what Americans of all ages consume?
- A. Eat too few vegetables
 - B. Eat too few fruits
 - C. Eat too few high-fiber whole grains
 - D. Eat too little sodium
 - E. Eat too much SoFAS (solid fats and added sugars)
35. Exercise training is second only to proper nutrition when one considers a means to enhance physical fitness.
True False
36. Genetic endowment sets the limits for sport performance in any given individual, but training programs have become more intense and individualized, and significant performance gains may occur in most individuals who undertake such training.
True False
37. Exercise can be used to help prevent and even treat many chronic diseases.
True False
38. Physical activity must be strenuous to achieve any significant health benefits.
True False
39. Poor eating habits is a problem that is limited to children and young adults.
True False

40. Studies reveal that athletes are knowledgeable about nutrition and, in general, they are consuming more than the RDA for all nutrients.
True False
41. According to studies, female athletes are more likely than males to incur inadequate nutrient intake.
True False
42. In general, most nutrition scientists recommend that the nutrients we need should be obtained from natural, wholesome foods, and the routine use of dietary supplements is not recommended for most individuals.
True False
43. A risk factor is a health behavior associated with a particular disease.
True False
44. Unstructured physical activity includes many of the usual activities of daily life and does not provide any protection against the development of certain chronic diseases.
True False
45. In essence, there is no published information that could be called the Healthy Diet.
True False
46. The key to sound nutrition for the athletic individual is to eat a wide variety of healthful foods.
True False
47. Certain nutrients in the foods we eat are believed to be promoters of a variety of chronic diseases.
True False
48. More than 90 percent of American youth obtain an hour or more of vigorous physical activity daily.
True False
49. Americans are making significant progress toward meeting the physical activity objectives established in Healthy People 2010.
True False
50. Moderate amounts of daily physical activity will benefit only middle age and older adults.
True False
51. Thirty minutes of walking accumulated throughout the day is not as beneficial as one uninterrupted walking session for achieving health benefits.
True False
52. The joint report of the American Heart Association and the American College of Sports Medicine indicates that although there are some health benefits from moderate intensity exercise, the report also recommends vigorous exercise several times weekly may confer some additional benefits.
True False
53. The National Cancer Institute estimates that less than 20 percent of all cancers are linked in some way to diet.
True False
54. Sports performance is primarily determined by genetic characteristics and state of training, but nutritional strategies may be used to enhance performance in certain sports.
True False
55. Epidemiological research helps scientists identify important relationships between diet and health.
True False

56. Epidemiological research involves studying large populations to find a cause and effect relationship between two or more variables.

True False

57. Epidemiological research may provide a relative risk (RR), which represents the increase or decrease in risk that may be associated with specific dietary practices.
True False
58. Health-related fitness includes a healthy body weight, cardiovascular-respiratory fitness, adequate muscular strength and muscular endurance, and sufficient flexibility.
True False
59. Physical inactivity may be dangerous to your health. Exercise, as a form of physical activity, is becoming increasingly important as a means to achieve health benefits, and even treat many chronic diseases.
True False
60. Exercise programs, especially for older adults, should be individualized based on physical fitness level and health status.
True False
61. Leisure walking may be adequate physical activity for elderly individuals with compromised health status or very low fitness levels.
True False
62. The World Health Organization (WHO) indicates that chronic diseases are now the major cause of death and disability worldwide.
True False
63. According to some health scientists, all diseases have a genetic predisposition.
True False
64. The CDC notes that although chronic diseases are among the most common and costly health problems, they are also among the most preventable by adopting a healthy lifestyle.
True False
65. The American College of Sports Medicine and the American Diabetes Association note that participation in regular physical activity improves blood glucose control and can prevent or delay type 1 diabetes.
True False
66. Heat shock proteins are produced by muscle cells during exercise and may have beneficial health effects.
True False
67. Although rather rare, exercise may cause sudden death in some susceptible individuals, such as individuals with hypertrophic cardiomyopathy.
True False

68.

_____ is a structure located just outside the genome that may activate or deactivate DNA and subsequent genetic and cellular activity.

- A. Epigenetics
- B. Risk factor
- C. Epigenome
- D. Genetics

69.

_____ is a behavior associated with a particular disease.

- A. Genetic predisposition
- B. Risk factor
- C. Family history
- D. Epigenome

70.

A set of abilities individuals possess to perform specific types of physical activity is called

- A. Epigenomic ability
- B. Physical fitness
- C. Endurance
- D.

71. _____

Health-related fitness includes (check all that apply)

Health body weight and composition

Cardiovascular-respiratory fitness

Sufficient flexibility

Malnutrition

72. True False

Barbara is planning to participate in the Boulder marathon next year. Since last month, she has been following a healthy diet and exercising daily for 4 hours. This constitutes an example of a structured physical activity.

73. _____

Check from the following all correct statements.

Both climbing stairs and competitive dancing consume energy.

Cleaning the garage and cycling are considered unstructured physical activities.

Participating in a soccer practice 3 times a week is an example of a structured physical activity similar to gardening.

Training for a marathon improves both physical fitness and health-related fitness.

74.

As she is training for the upcoming New York marathon, Barbara started running 4 miles daily and after 6 months, she is running 25 miles daily. This is an example of which of the following principles

- A.
Specificity
- B.
Individuality
- C.
Progression
- D.
Recuperation

75.

Epidemiologists conducting a study in a rural village in Italy have calculated a relative risk of 0.5 for developing heart disease by consuming olive daily. This indicates

- A. Olive oil consumption increases heart disease risk by 50%.
- B. 50% of the population in this village has diabetes and osteoporosis.
- C. Half of the population in this village suffers from heart diseases.
- D. Olive oil consumption may cut heart disease risk by half.

76.

True False

Epidemiological research uses either retrospective or prospective techniques to identify relationships between nutritional practices and health but do not prove a cause-and-effect relationship.

77.

True False

Untrue or misleading claims deliberately or fraudulently made for any nutritional product, constitutes quackery.

Chapter 01 Test Bank Key

1. Success in sport is based primarily upon superior athletic ability, which in turn depends mostly on which of these two major factors?
- A. Mechanical and psychological coaching and training
 - B. Biomechanical and physiological characteristics
 - C. Natural genetic endowment and state of training**
 - D. Psychological and physiological genetic characteristics

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-03
Question Type: Multiple Choice
Topic: Life Cycle*

2. Nutrients perform three major functions in the human body. Among these is
- A. providing energy, with protein being the prime source.
 - B. regulating body processes with fat being the prime contributor.
 - C. building and repairing body tissues with vitamins and minerals being the prime source.
 - D. building and repairing body tissues with protein being the prime source.**

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-05
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines*

3. The leading cause of death in the United States is
- A. infectious diseases.
 - B. cancer.
 - C. stroke.
 - D. diseases of the heart.**

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-01
Question Type: Multiple Choice
Topic: Nutrition and Disease
Topic: Sports and Exercise Nutrition*

4. Which of the following would be considered a component of health-related fitness?
- A. Flexibility**
 - B. Speed
 - C. Power
 - D. Skill

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-02
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines*

5. How many average minutes per day of moderate exercise is recommended?
- A. 15
 - B. 20
 - C. 30**
 - D. 45

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-02
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines*

6. What percent of the American adult population actually engages in the recommended levels of physical activity?
A. 15
B. 28
C. 42
D. 58

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-01
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition*

7. The nutrients that are primarily responsible for helping to regulate bodily processes are
A. carbohydrates and fat.
B. vitamins, minerals, and protein.
C. carbohydrate, fat, and minerals.
D. fat, protein, and carbohydrates.

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-05
Question Type: Multiple Choice
Topic: Nutrition Basics*

8. According to the Prudent Healthy Diet, you should
A. balance the food you eat with physical activity.
B. obtain much of your daily protein from animal sources.
C. reduce the amount of fluoride you consume.
D. not be concerned about food additives.

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-05
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines*

9. Which of the following risk factors associated with coronary heart disease is classified as a major risk factor?
A. Smoking and sedentary lifestyle
B. Gender and stressful lifestyle
C. Dietary intake and race
D. Gender and age

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-01
Question Type: Multiple Choice
Topic: Nutrition and Disease*

10. According to research, which of the following athletic groups appear to be obtaining adequate nutrition?
A. Gymnasts
B. Runners
C. Ballet dancers
D. Football players

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-06
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition*

11. Which of the following factors does NOT support the concept that sports nutrition is becoming increasingly important for optimal athletic performance?
- A.** The published literature about nutrition for sports is limited to information from sports magazines and books
 - B. An organization known as SCAN was created due to concern about sports nutrition
 - C. National and international food product corporations are manufacturing food products specifically for the athlete
 - D. Courses in sports nutrition have been developed at many colleges

*Bloom's Level: 3. Apply
Gradable: automatic
Learning Objective: 01-06
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition*

12. Malnutrition may exist
- A. when an individual does not receive an adequate intake of nutrients.
 - B. when an individual consumes excessive amounts of single or multiple nutrients.
 - C. to such an extent that insufficient energy may impair athletic performance.
 - D.** All of these choices are correct.

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-05
Question Type: Multiple Choice
Topic: Nutrition Basics*

13. Which of the following is true of ergogenic aids?
- A. They may only be classified as mechanical or nutritional
 - B. There are a number of theoretical nutritional aids, but they are limited to the vitamin and mineral supplements
 - C. Supplementation is necessary for most athletes to improve their performance
 - D.** All essential nutrients are considered to be legal for use in conjunction with athletic competition

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-06
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition*

14. The most prevalent ergogenic aids used to increase sport performance are those classified as
- A. physiological.
 - B.** nutritional.
 - C. pharmacological.
 - D. mechanical.

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-06
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition*

15. The use of hypnosis to improve performance is an example of which classification of ergogenic aid?
- A. Mechanical
 - B.** Psychological
 - C. Physiological
 - D. Pharmacological

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-06
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition*

16. Chromium and boron supplements would be an example of which major classification of nutritional supplement?
- A. Vitamin
 - B. Protein
 - C. Carbohydrate
 - D. Mineral**

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-06
Question Type: Multiple Choice
Topic: Nutrition Basics
Topic: Sports and Exercise Nutrition*

17. Which of the following statements is NOT correct dealing with the topic of quackery in health and sports?
- A. The term quackery refers to the fake practitioner, as well as the worthless product
 - B. It has been estimated that 5 billion dollars a year are spent on questionable health practices in the United States alone**
 - C. Coaches may suggest to their athletes that certain food supplements are essential to success
 - D Many questionable products are advertised by currently popular personalities and are expensive when compared to equivalent nutrients obtained from ordinary food

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-07
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition*

18. If a nutritional consultant is sought for guidance, that individual should
- A. have personal expertise with the ergogenic aid advertised.
 - B. have a PhD.
 - C. be a registered dietitian or clinical nutritionist.**
 - D. be a published author in a national journal or magazine.

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-07
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition*

19. Which of the following is true of experimental research?
- A. The results of a single study are sufficient to prove a theory
 - B. It is essential to establishing a cause and effect relationship**
 - C. It is an easy task to control risk factors in free-living humans
 - D. It involves studying large populations to find relationships between two or more variables

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-08
Question Type: Multiple Choice
Topic: Nutrition Basics*

20. Dietary supplements may contain
- A. essential vitamins and minerals.
 - B. herbal products such as ginkgo.
 - C. various amino acids.
 - D. All of these choices are correct.**

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-07
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition*

21. An ergogenic aid is something that is
- A. added to a food to increase its nutrient value.
 - B.** designed to increase potential for work output, such as in sport.
 - C. used to restore nutrients removed in processing.
 - D. a legal term used by the FDA to designate nutritional supplements that may enhance health status.
 - E. a device used to facilitate the measurement of energy in a food.

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-07
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition*

22. Which of the following is not a health-related fitness component?
- A. Body composition
 - B. Cardiovascular fitness
 - C.** Speed
 - D. Flexibility
 - E. Muscular strength

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-02
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines*

23. Sport nutrition involves eating strategies to
- A. promote good health.
 - B. optimize adaptations to training.
 - C. recover rapidly from an intense or prolonged training session.
 - D. perform optimally during competition.
 - E. optimize adaptations to training and recover rapidly from an intense or prolonged training session.
 - E** promote good health, optimize adaptations to training, recover rapidly from an intense or prolonged training session, and perform optimally during competition.

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-06
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition*

24. Sound nutritional research involving exercise performance is best performed using placebo controls, crossover designs, and double-blinded use of nutritional ergogenics. In which of the following publications would you be LEAST likely to find such a study?
- A. International Journal of Sport Nutrition and Exercise Metabolism
 - B. Medicine and Science in Sports and Exercise
 - C. Journal of the American Dietetics Association
 - D.** Runner's World
 - E. Journal of Applied Physiology

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-08
Question Type: Multiple Choice
Topic: Nutrition Basics*

25. Which of the following is NOT a potential benefit of physical activity?
- A. reduced levels of depression and anxiety
 - B. improved control of body weight and body fatness
 - C. reduced risk of developing diabetes
 - D.** prevention of skin cancer
 - E. reduced risk of osteoporosis, or frail bones

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-02
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines*

26. Which of the following groups of athletes may be susceptible to a nutrient deficiency due to inadequate or sporadic caloric intake?
- A. gymnasts and ballet dancers
 - B. endurance athletes attempting to improve efficiency through weight loss
 - C. wrestlers attempting to make a low weight class
 - D. bodybuilders trying to attain a low body fat percentage
 - E.** all of these groups may be susceptible to a nutrient deficiency

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-07
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition*

27. Which of the following is the key principle underlying the adaptations to exercise that may provide a wide array of health benefits, and incorporates the intensity, duration, and frequency of exercise?
- A.** Overload
 - B. Progression
 - C. Reversibility
 - D. Overuse
 - E. Specificity

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-04
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines*

28. Although exercise may confer many health benefits, excessive exercise may actually impair health. Which of the following is a potential health problem associated with excessive exercise?
- A. Orthopedic problems.
 - B. Impaired immune functions.
 - C. Heat illness and kidney failure.
 - D. Heart attack.
 - E.** All of these choices are correct.

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-02
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines*

29. In the concept of Food is Medicine, which of the following is not one of the proposed effects of various nutrients and appropriate energy intake that may help promote good health?
- A.** Decrease insulin sensitivity
 - B. Reduce blood pressure
 - C. Reduce inflammation
 - D. Enhance immune system functions
 - E. Prevent damaging oxidative processes

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-05
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines*

30. Which basic principle of exercise training is associated with the concept that cardiovascular-respiratory training will enhance adaptations primarily in the heart whereas resistance training will enhance adaptations primarily in the skeletal muscles?
- A. Overuse
 - B. Overload
 - C.** Specificity
 - D. Progression
 - E. Reversibility

*Bloom's Level: 2. Understand
Gradable: automatic*

31. Based on recent recommendations of the American College of Sports Medicine and the American Heart Association relative to exercise and health benefits for adults, which of the following statements is false?
- A. Moderate-intensity aerobic exercise should be done for a minimum of 30 minutes daily on 5 days each week
 - B. Vigorous-intensity exercise may be done for a minimum of 20 minutes on 3 days each week
 - C. Each daily exercise bout of aerobic exercise may be done continuously or in smaller segments, such as three 10-minute bouts
 - D. In general, more is better as exceeding the minimum recommended amounts of exercise may provide additional health benefits
 - E.** Resistance exercise, including exercises for the major muscle groups in the body, is recommended at least 5, and preferably 7 days per week

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-02
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

32. According to the *Healthy People 2020* report from the United States Department of Health and Human Services, what percentage of adults in the United States do not meet the guidelines for both aerobic and muscle-strengthening activities.
- A. 10
 - B. 20
 - C. 40
 - D. 60
 - E.** 80

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-01
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

33. According to the recent American College of Sports Medicine Position Stand on physical activity and weight loss, how many minutes of exercise per week has been associated with clinically significant weight loss.
- A. 30
 - B. 60
 - C. 100
 - D. 150
 - E.** More than 250

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-02
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

34. According the recent report, *Dietary Guidelines for Americans 2010*, which of the following is not representative of what Americans of all ages consume?
- A. Eat too few vegetables
 - B. Eat too few fruits
 - C. Eat too few high-fiber whole grains
 - D.** Eat too little sodium
 - E. Eat too much SoFAS (solid fats and added sugars)

Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-05
Question Type: Multiple Choice
Topic: Healthy Diet Guidelines

35. Exercise training is second only to proper nutrition when one considers a means to enhance physical fitness.
FALSE
- Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-01
Question Type: True/False
Topic: Sports and Exercise Nutrition*
36. Genetic endowment sets the limits for sport performance in any given individual, but training programs have become more intense and individualized, and significant performance gains may occur in most individuals who undertake such training.
TRUE
- Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-01
Question Type: True/False
Topic: Sports and Exercise Nutrition*
37. Exercise can be used to help prevent and even treat many chronic diseases.
TRUE
- Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-01
Question Type: True/False
Topic: Sports and Exercise Nutrition*
38. Physical activity must be strenuous to achieve any significant health benefits.
FALSE
- Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-01
Question Type: True/False
Topic: Sports and Exercise Nutrition*
39. Poor eating habits is a problem that is limited to children and young adults.
FALSE
- Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-01
Question Type: True/False
Topic: Healthy Diet Guidelines*
40. Studies reveal that athletes are knowledgeable about nutrition and, in general, they are consuming more than the RDA for all nutrients.
FALSE
- Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-03
Question Type: True/False
Topic: Sports and Exercise Nutrition*
41. According to studies, female athletes are more likely than males to incur inadequate nutrient intake.
TRUE
- Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-06
Question Type: True/False
Topic: Sports and Exercise Nutrition*
42. In general, most nutrition scientists recommend that the nutrients we need should be obtained from natural, wholesome foods, and the routine use of dietary supplements is not recommended for most individuals.
TRUE
- Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-05
Question Type: True/False*

43. A risk factor is a health behavior associated with a particular disease.

TRUE

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-01
Question Type: True/False
Topic: Nutrition and Disease*

44. Unstructured physical activity includes many of the usual activities of daily life and does not provide any protection against the development of certain chronic diseases.

FALSE

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-02
Question Type: True/False
Topic: Sports and Exercise Nutrition*

45. In essence, there is no published information that could be called the Healthy Diet.

FALSE

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-05
Question Type: True/False
Topic: Healthy Diet Guidelines*

46. The key to sound nutrition for the athletic individual is to eat a wide variety of healthful foods.

TRUE

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-06
Question Type: True/False
Topic: Sports and Exercise Nutrition*

47. Certain nutrients in the foods we eat are believed to be promoters of a variety of chronic diseases.

TRUE

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-05
Question Type: True/False
Topic: Healthy Diet Guidelines*

48. More than 90 percent of American youth obtain an hour or more of vigorous physical activity daily.

FALSE

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-02
Question Type: True/False
Topic: Sports and Exercise Nutrition*

49. Americans are making significant progress toward meeting the physical activity objectives established in Healthy People 2010.

FALSE

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-02
Question Type: True/False
Topic: Sports and Exercise Nutrition*

50. Moderate amounts of daily physical activity will benefit only middle age and older adults.

FALSE

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-02
Question Type: True/False
Topic: Sports and Exercise Nutrition*

51. Thirty minutes of walking accumulated throughout the day is not as beneficial as one uninterrupted walking session for achieving health benefits.

FALSE

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-02
Question Type: True/False*

Topic: Sports and Exercise Nutrition

52. The joint report of the American Heart Association and the American College of Sports Medicine indicates that although there are some health benefits from moderate intensity exercise, the report also recommends vigorous exercise several times weekly may confer some additional benefits.

TRUE

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-02
Question Type: True/False*

Topic: Sports and Exercise Nutrition

53. The National Cancer Institute estimates that less than 20 percent of all cancers are linked in some way to diet.

FALSE

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-05
Question Type: True/False*

Topic: Healthy Diet Guidelines

54. Sports performance is primarily determined by genetic characteristics and state of training, but nutritional strategies may be used to enhance performance in certain sports.

TRUE

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-06
Question Type: True/False*

Topic: Sports and Exercise Nutrition

55. Epidemiological research helps scientists identify important relationships between diet and health.

TRUE

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-08
Question Type: True/False*

Topic: Healthy Diet Guidelines

56. Epidemiological research involves studying large populations to find a cause and effect relationship between two or more variables.

FALSE

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-08
Question Type: True/False*

Topic: Nutrition and Disease

57. Epidemiological research may provide a relative risk (RR), which represents the increase or decrease in risk that may be associated with specific dietary practices.

TRUE

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-08
Question Type: True/False*

Topic: Nutrition and Disease

58. Health-related fitness includes a healthy body weight, cardiovascular-respiratory fitness, adequate muscular strength and muscular endurance, and sufficient flexibility.

TRUE

*Bloom's Level: 1. Remember
Gradable: automatic*

59. Physical inactivity may be dangerous to your health. Exercise, as a form of physical activity, is becoming increasingly important as a means to achieve health benefits, and even treat many chronic diseases.

TRUE

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-02
Question Type: True/False
Topic: Healthy Diet Guidelines*

60. Exercise programs, especially for older adults, should be individualized based on physical fitness level and health status.

TRUE

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-02
Question Type: True/False
Topic: Healthy Diet Guidelines*

61. Leisure walking may be adequate physical activity for elderly individuals with compromised health status or very low fitness levels.

TRUE

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-02
Question Type: True/False
Topic: Healthy Diet Guidelines*

62. The World Health Organization (WHO) indicates that chronic diseases are now the major cause of death and disability worldwide.

TRUE

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-01
Question Type: True/False
Topic: Healthy Diet Guidelines*

63. According to some health scientists, all diseases have a genetic predisposition.

TRUE

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-01
Question Type: True/False
Topic: Nutrition and Disease*

64. The CDC notes that although chronic diseases are among the most common and costly health problems, they are also among the most preventable by adopting a healthy lifestyle.

TRUE

*Bloom's Level: 2. Understand
Gradable: automatic
Learning Objective: 01-01
Question Type: True/False
Topic: Healthy Diet Guidelines*

65. The American College of Sports Medicine and the American Diabetes Association note that participation in regular physical activity improves blood glucose control and can prevent or delay type 1 diabetes.

FALSE

*Bloom's Level: 1. Remember
Gradable: automatic
Learning Objective: 01-02
Question Type: True/False
Topic: Healthy Diet Guidelines
Topic: Sports and Exercise Nutrition*

66. Heat shock proteins are produced by muscle cells during exercise and may have beneficial health effects.

TRUE

Bloom's Level: 1. Remember

Gradable: automatic

Learning Objective: 01-02

Question Type: True/False

Topic: Healthy Diet Guidelines

67. Although rather rare, exercise may cause sudden death in some susceptible individuals, such as individuals with hypertrophic cardiomyopathy.

TRUE

Bloom's Level: 2. Understand

Gradable: automatic

Learning Objective: 01-02

Question Type: True/False

Topic: Healthy Diet Guidelines

Topic: Sports and Exercise Nutrition

68.

_____ is a structure located just outside the genome that may activate or deactivate DNA and subsequent genetic and cellular activity.

A.

Epigenetics

B.

Risk factor

C.

Epigenome

D.

Genetics

Bloom's Level: 1. Remember

Learning Objective: 01-01

Question Type: Multiple Choice

69.

_____ is a behavior associated with a particular disease.

A.

Genetic predisposition

B.

Risk factor

C.

Family history

D.

Epigenome

*Bloom's Level: 1. Remember
Learning Objective: 01-01
Question Type: Multiple Choice
Topic: Nutrition and Disease*

70.

A set of abilities individuals possess to perform specific types of physical activity is called

- A. Epigenomic ability
- B. Physical fitness**
- C. Endurance
- D. Lifestyle enhancement

*Bloom's Level: 1. Remember
Learning Objective: 01-02
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition*

71.

Health-related fitness includes (check all that apply)

- Health body weight and composition
- Cardiovascular-respiratory fitness
- Sufficient flexibility
- Malnutrition

*Bloom's Level: 1. Remember
Learning Objective: 01-02
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition*

72.

TRUE

Barbara is planning to participate in the Boulder marathon next year. Since last month, she has been following a healthy diet and exercising daily for 4 hours. This constitutes an example of a structured physical activity.

*Bloom's Level: 3. Apply
Learning Objective: 01-03
Question Type: True/False
Topic: Sports and Exercise Nutrition*

73.

Check from the following all correct statements.

Both climbing stairs and competitive dancing consume energy.

Cleaning the garage and cycling are considered unstructured physical activities.

Participating in a soccer practice 3 times a week is an example of a structured physical activity similar to gardening.

Trainign for a marathon improves both physical fitness and health-related fitness.

*Bloom's Level: 3. Apply
Learning Objective: 01-03
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition*

74.

As she is training for the upcoming New York marathon, Barbara started running 4 miles daily and after 6 months, she is running 25 miles daily. This is an example of which of the following principles

A.

Specificity

B.

Individuality

C.

Progression

D.

Recuperation

*Bloom's Level: 3. Apply
Learning Objective: 01-04
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition*

75.

Epidemiologists conducting a study in a rural village in Italy have calculated a relative risk of 0.5 for developing heart disease by consuming olive daily. This indicates

- A. Olive oil consumption increases heart disease risk by 50%.
- B. 50% of the population in this village has diabetes and osteoporosis.
- C. Half of the population in this village suffers from heart diseases.
- D.** Olive oil consumption may cut heart disease risk by half.

*Bloom's Level: 2. Understand
Bloom's Level: 3. Apply
Learning Objective: 01-08
Question Type: Multiple Choice
Topic: Sports and Exercise Nutrition*

76.

TRUE

Epidemiological research uses either retrospective or prospective techniques to identify relationships between nutritional practices and health but do not prove a cause-and-effect relationship.

*Bloom's Level: 1. Remember
Bloom's Level: 2. Understand
Learning Objective: 01-08
Question Type: True/False
Topic: Sports and Exercise Nutrition*

77.

TRUE

Untrue or misleading claims deliberately or fraudulently made for any nutritional product, constitutes quackery.

*Bloom's Level: 1. Remember
Learning Objective: 01-07
Question Type: True/False
Topic: Healthy Diet Guidelines
Topic: Sports and Exercise Nutrition*

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