Gold Medal Nutrition

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LEARNING OBJECTIVES

After reading *Gold Medal Nutrition*, the participant will be able to:

1. Understand the basics of healthy eating including the basic food groups and the basic requirements of each.
2. Learn and identify types and breakdown of the macronutrients protein, fat, and carbohydrates, and understand the importance of water in a healthy diet.
3. Understand the role of alcohol in the diet.
4. Define and learn the different vitamins and minerals important in a healthy diet.
5. Differentiate the fuel systems of the body.
6. Further differentiate types of protein, including the types of amino acids and their requirements.
7. Understand the role of protein supplementation in an athletic diet.
8. Learn more about the macronutrient carbohydrates, their breakdown process, and their role in a healthy diet and an athletic diet.
9. Understand the role of the glycemic index and the glycemic load.
10. Understand the role, requirements, and sources of calcium, iron, and vitamins in the diet.
11. Have a better understanding of the role of vitamin supplementation in an athletic diet.
12. Understand in further detail the importance of water to athletic performance and the risk of heat-induced illness.
13. Learn who will benefit from sports drinks and energy drinks.
14. Understand the anatomy and steps of digestion.
15. Learn the underlying cause and possible solutions of gastrointestinal problems that commonly affect athletes including bowel urgency, stomach cramps, intestinal cramps, abdominal bloating, diarrhea, heartburn, and burping.
16. Learn proper nutrient timing and composition before, during, and after exercise.
17. Be able to identify appropriate meal choices or carbohydrate supplements for before, during, and after exercise.
18. Understand the usefulness of nutritional supplements and the problems with supplement research.
19. Learn the research behind common supplements including antioxidants, bicarbonate, caffeine, creatine, sports drinks, amino acids, HMB, Bee Pollen, Carnitine, Coenzyme Q10, Ginseng, and Chromium.
20. Be able to read a food label and understand the requirements for a food label.
21. Get practical advice for making healthy food choices in restaurants and when traveling.
22. Learn the basic nutritional requirements for muscle building and weight gain and understand who stands to benefit from a muscle building exercise program.
23. Learn the basic nutritional requirements for weight loss and have a better understanding of how weight loss can be approached for someone who is exercising regularly.
24. Understand the underlying problems with fad diet products including diets, exercise equipment, and fat burning supplements.
25. Learn what positively and negatively affects the appearance of cellulite.
26. Describe common eating disorders as well as the female triad syndrome.
CEC/CEU TEST FOR:

Gold Medal Nutrition

1. Which of the following is a good source for protein for vegetarians?
   a. Avocado
   b. Oily fish
   c. Legumes
   d. Oats

2. Dairy foods provide calcium, but are also rich in:
   a. Niacin and protein
   b. Riboflavin and protein
   c. Fiber and riboflavin
   d. Niacin and riboflavin

3. Hemoglobin is considered to be a type of:
   a. Antioxidant
   b. Bioactive compound
   c. Mineral
   d. Protein

4. Fatty acids that are made into compounds that control blood clotting are called:
   a. Eicosanoids
   b. Bioactive compounds
   c. Glycerol
   d. Unsaturated

5. All of the following are monosaccharide sugars EXCEPT
   a. Fructose
   b. Glucose
   c. Galactose
   d. Maltose
6. Why is it important for athletes to eat starchy foods?
   a. Because it is made up of glucose which is needed for fuel
   b. Because it is dense and provides more calories to sustain exercise
   c. Because it is made up of amylase which is needed for proper digestion
   d. Because it has a higher amount of fiber which is needed for better performance.

7. Resistant starch is found in all of the following EXCEPT:
   a. Potato salad
   b. Legumes
   c. Dark green leafy vegetables
   d. Bananas

8. What percentage of your body weight is made up of water?
   a. 60%
   b. 70%
   c. 50%
   d. 40%

9. Over half of women get too little of the following minerals EXCEPT:
   a. Calcium
   b. Potassium
   c. Iron
   d. Zinc

10. Males in the USA should get how much of zinc in order to meet the recommended daily needs?
    a. 11 mg
    b. 14 mg
    c. 8 mg
    d. 9.5 mg

11. Which statement below is false?
    a. Vitamin supplements do not compensate for poor nutrition
    b. Vitamin and mineral supplements should provide more than 100% of daily values to ensure proper nutrition
    c. Vitamin and mineral supplements will not give you energy
    d. If an athlete is eating properly and is healthy, they do not typically need a vitamin supplement
12. Which statement is true?
   a. The body is unable to soak up free radicals
   b. Free radicals are not always harmful
   c. Vitamin A and K are the best known vitamin antioxidants
   d. Glutathione and superoxide dismutase are minerals that assist the enzymes to help rid the body of free radicals.

13. How many ATP total are produced during aerobic energy use?
   a. 16
   b. 2
   c. 36
   d. 34

14. What is the primary muscle fuel source when exercising?
   a. Carbohydrates
   b. Protein
   c. Glucose
   d. Glycogen

15. What is it called when the muscle glycogen levels are low and blood glucose begins to drop?
   a. Glycolysis
   b. Anaerobic exercise
   c. Hitting the wall
   d. Lactic Acid Cycle

16. Which of the following is not an essential amino acid?
   a. Leucine
   b. Methionine
   c. Valine
   d. Serine

17. Where is the majority of protein digested in the body?
   a. Large intestines
   b. Small intestines
   c. Liver
   d. Stomach

18. If you are carrying excess body fat, how do you calculate your protein requirements?
   a. Based on your BMI
   b. Based on your current body weight
   c. Based on your ideal body weight
   d. Based on your activity level
19. Which of the following statements is false?
   a. Protein powders may have more protein per 100 g than Glennergy
   b. The body cannot tell the difference between protein powder or protein from a milk powder
   c. Even recreational athletes should supplement their protein
   d. Glennergy makes an ideal pre-sport meal

20. What is the general carbohydrate recommendation for athletes?
   a. 2.7 – 4.5 g/kg of body weight
   b. 6-10 g/kg of body weight
   c. 150-250 g per day
   d. 1-3 g/kg of body weight

21. Serious athletes should eat:
   a. Moderate to high carbohydrates during training and the low to moderate carbohydrates the week of the race or event
   b. Low to moderate carbohydrates until the week of a race or event
   c. Moderate to high carbohydrates all the time
   d. Low to moderate carbohydrates all the time

22. In order to boost carbohydrate intake without increasing fat intake, which of the following is not recommended?
   a. Avoid sorbet and gelato since they are high in fat
   b. Avoid toasted cereals
   c. Have canned fruit and one scoop of ice cream for dessert
   d. Flavored low-fat yogurt is ok to eat

23. Sugar in the diet has been linked to:
   a. Arthritis
   b. Heart disease
   c. Diabetes
   d. Dental disease

24. Which artificial sweetener is often found in chewing gum and can cause stomach upset in large amounts?
   a. Saccharin
   b. Stevia
   c. Sorbitol
   d. Neotame
25. Glycemic Index is the classification of:
   a. How quickly a carbohydrate food is digested and absorbed into the blood as glucose
   b. How quickly a carbohydrate food is digested and used for energy when exercising aerobically
   c. Diabetes diagnosis
   d. The measurement of food that is 50 g of carbohydrate or more

26. Which of the following is considered a low glycemic sugar?
   a. Glucose
   b. Honey
   c. Fructose
   d. Maltose

27. Which of the following is not a medium glycemic food?
   a. Dried figs
   b. Pita bread
   c. Yam
   d. Oat bran

28. Which of the following raises the GI level in foods?
   a. Protein
   b. Fiber
   c. Fat
   d. Cooking

29. Which of the following is best to eat after exercise?
   a. Whole wheat crackers
   b. Sports gel
   c. Gummy worms
   d. Jelly confectionery

30. Low levels of vitamin D have been linked to all of the following EXCEPT:
   a. Heart disease
   b. Osteoarthritis
   c. Diabetes
   d. Some cancers
31. Which of the following is not a best source of calcium?
   a. Milk
   b. Yogurt
   c. Butter
   d. Cheese

32. All of the following increase the risk of osteoporosis EXCEPT:
   a. Corticosteroid use
   b. Excessive caffeine with low calcium
   c. Low intake of sodium
   d. Low vitamin D levels

33. How much calcium do we absorb from milk?
   a. 30%
   b. 40%
   c. 50%
   d. 60%

34. Which of the following is not a good way to incorporate more calcium into your diet?
   a. Increase sodium intake
   b. Eat broccoli
   c. Add yogurt to soup
   d. Mix low-fat milk with mashed potatoes

35. How do athletes lose most of their iron compared to non-athletes?
   a. Normal blood loss
   b. Through urine and feces
   c. Impact activities
   d. Menstrual cycle

36. When the body absorbs more iron than it needs, it is called:
   a. Hypochromatosis
   b. Hitting the wall
   c. Hemochromatosis
   d. Hyperchromatosis

37. At what level is a female determined to be iron deficiency
   a. Serum ferritin of 25 mcg/L
   b. TIBC of 356 mcg/100 mL
   c. Transferrin saturation of 20 mcg/L
   d. Hemoglobin of 110 g/L
38. Who is not at risk of low iron stores?
   a. Vegan athletes
   b. Females with light periods
   c. Male endurance runners
   d. Female endurance runners

39. How many vitamin components are there?
   a. 10
   b. 9
   c. 12
   d. 13

40. Vitamin B12 is necessary for:
   a. Increasing muscle growth
   b. Carbohydrate metabolism
   c. Making DNA
   d. Making red blood cells

41. Too little sun can lead to all the following diseases or disorders EXCEPT:
   a. Melanoma
   b. Multiple sclerosis
   c. Diabetes
   d. Colon cancer

42. People who would benefit from a supplement of vitamin D include all of the following EXCEPT:
   a. Postmenopausal women
   b. Athletes who eat too little dairy
   c. Athletes who train primarily in the evenings
   d. Females who have regular periods

43. What helps to release carotenes from cellulose structures?
   a. Swallowing
   b. Cooking
   c. Eating foods raw
   d. Drinking fortified foods

44. Which of the following is not a symptom of heat exhaustion?
   a. Headache
   b. Nausea
   c. Faintness
   d. Reduced sweating
45. Researchers in Australia found that during the City to Surf fun run, those who were at risk for heat exhaustion included all of the following EXCEPT:
   a. The highly motivated to perform a personal best
   b. Those who failed to drink water during the run
   c. Casual walkers
   d. Those who did not train outdoors

46. When heat is transferred from the body to air when the air is cooler than the body, this is known as:
   a. Convection
   b. Evaporation
   c. Conduction
   d. Excretion

47. Which statement is false concerning eccrine glands?
   a. These glands produce a yellowish fluid that has no smell
   b. These glands are mainly found in the palms of your hands and soles of your feet
   c. These glands produce an odor-free mix of water, sodium, potassium, and chloride
   d. These glands produce a salty tasting sweat

48. All of the following will help you stay cool when outside EXCEPT:
   a. Avoid exercise in the heat of the day
   b. Avoid sunburn
   c. Use oil-based sunscreens to hold fluids in the body
   d. Wear light-colored clothing

49. Which statement about sweating is false?
   a. Women are as effective as men in cooling off during exercise in the heat
   b. Children have a smaller surface area to body mass ratio than adults
   c. Women lose less sweat than men
   d. Children depend on convection more so for heat loss

50. At what percentage of fluid loss does the thirst sensation begin to kick in?
   a. 3%
   b. 5%
   c. 2%
   d. 6%
51. All of the following are common characteristics of those at risk for Hyponatremia EXCEPT:
   a. Slow running times
   b. Use of non-steroidal anti-inflammatory agents
   c. Drinking too much water during exercise
   d. Male

52. Which of the following does not occur when an athlete becomes dehydrated?
   a. Decrease in performance
   b. Changes in body weight
   c. Increased stomach emptying
   d. Less fluid absorption

53. Which of the following is not beneficial to do if you are trying to be on a good drinking schedule?
   a. Empty your bladder right before your race
   b. Drink 2-3 glasses 15 minutes before your race
   c. Drink 150-250 mL every 15 minutes of activity
   d. Drink enough water to replace what you have lost plus another 25-50% more.

54. What is considered an appropriate amount of carbohydrate in a sports drink?
   a. 6-8%
   b. 6-8 g
   c. 20%
   d. 40%

55. Fluids that have a similar concentration as the blood are called:
   a. Hypertonic
   b. Hypotonic
   c. Isotonic
   d. Tonic

56. What is the advantage to drinking cooler drinks as opposed to warm drinks?
   a. It affects the speed at which gastric emptying occurs
   b. It helps to lower core temperature
   c. It prevents hyponatremia
   d. It improves performance in cold temperatures
57. Which of the following would not necessarily benefit from a sports drink?
   a. Recreational athletes exercising for only 20 minutes
   b. Elite athletes training for 2 hours
   c. Thin athletes
   d. Cramping athletes

58. Which statement is false concerning oral rehydration solutions for endurance athletes?
   a. They are appropriate for all endurance athletes
   b. They are low in sugars compared to sports drinks
   c. They are high in sodium compared to sports drinks
   d. They taste better than sports drinks

59. Which statement is false concerning coconut water?
   a. It is low in sodium
   b. It is absorbed well in the body especially in the small intestines
   c. It is a great replacement for sports drinks in endurance events
   d. It is a good source for potassium

60. Which ingredient does not need to be listed in order of content on food labels?
   a. Fiber
   b. Nuts
   c. Fructose
   d. Water

61. At what percentage maximum can a product have fat, but still be classified as "reduced fat"?
   a. 3% less compared to the regular item
   b. 10% less compared to the regular item
   c. 20% less compared to the regular item
   d. 25% less compared to the regular item

62. When a food in the U.S. states that it is “low fat,” it means that it is:
   a. Less than 3 g of fat per serving
   b. Less than 0.5 g per serving
   c. Less than 3 g per 100 g
   d. Less that 1.5 g of saturated fat
63. What does “cholesterol-free” mean in the U.S.?
   a. Less than 2 mg of cholesterol and 2 g or less of saturated fat per serving
   b. Less than 5 mg of cholesterol per 100 g
   c. Less than 3 mg of cholesterol per 100 g
   d. Less than 5 mg per serving

64. Which of the foods listed below is fat free?
   a. Bread
   b. Fruits
   c. Muesli
   d. Oats

65. Which type of fat is the healthier choice?
   a. Saturated
   b. Unsaturated
   c. Polyunsaturated
   d. Triglycerides

66. Where in the body does the digestion of starch begin?
   a. Mouth
   b. Stomach
   c. Small intestines
   d. Large intestines

67. Where in the body does most digestion take place?
   a. Mouth
   b. Stomach
   c. Small intestines
   d. Large intestines

68. How many bowel movements are considered normal?
   a. Once per week
   b. Once per day
   c. 3 times per day
   d. 1 every 3 days to twice per day

69. Who is more likely to have intestinal problems during events or training?
   a. Sprinter
   b. Swimmer
   c. Triathlete
   d. Rowers
70. Which type of sugar can increase the risk of diarrhea?
   a. Fructose
   b. Glucose
   c. Maltose
   d. Galactose

71. Which statement is false concerning the Stitch?
   a. Better fitness levels help to protect against it
   b. It occurs in the mid-abdominal region
   c. It usually occurs more on the right side of the body
   d. Younger people are less prone to developing stitches

72. What nerve may be linked to a stitch?
   a. Phrenic
   b. Vagus
   c. Abdominalis
   d. Lumbar

73. How long does it typically take for constipation to go away if caused by travel?
   a. 24 hours
   b. 48 hours
   c. 72 hours
   d. 1 week

74. What is the approximate carbohydrate need after exercise for an athlete who weighs 175 lbs?
   a. 175 g
   b. 88 g
   c. 80 g
   d. 556 g

75. Which statement is false concerning the timing of meals?
   a. Eat closer to the event if the event is cycling
   b. Liquid meals empty faster from the stomach
   c. Allow less time for digestion in running-based sports
   d. Allow more than 3 hours between meals and your sport if you get nervous
76. What is it called when the belief that food gives you a performance benefit providing you with a possible psychological advantage?
   a. Placebo advantage
   b. Placebo effect
   c. Psychological effect
   d. Psychological advantage

77. Even though more research is needed, which is not a possible way that carbohydrate consumed during an event improves endurance?
   a. Sparing muscle glycogen
   b. Sparing liver glycogen
   c. Sparing blood glucose
   d. Sparing liver glucose

78. How long does an event need to last in order for it to be called an endurance event?
   a. 30 minutes
   b. 60 minutes
   c. 90 minutes
   d. 120 minutes

79. All are dietary goals after exercise EXCEPT:
   a. Provide adequate fluids
   b. Provide adequate removal of lactic acid
   c. Provide enough electrolytes
   d. Provide enough carbohydrates

80. How long does it take to replace all the glycogen used after a long training session?
   a. 20 hours
   b. 15 hours
   c. 10 hours
   d. 1 hour

81. What is the most common nutritional reason for fatigue in athletes?
   a. Lack of water
   b. Lack of carbohydrates
   c. Too much protein
   d. Too little vitamins
82. Creatine supplements are not safe for which population?
   a. Distance runners
   b. Men between 35-65 years of age
   c. Women over 65 years of age
   d. Pregnant women and children under 18

83. On which population have most nutritional supplement research been performed?
   a. Women 64 and older
   b. Middle aged sedentary males
   c. Fit young women
   d. Fit young men

84. Which statement is false concerning antioxidants?
   a. It is theorized that the weekend warrior requires more antioxidant supplements
   b. Research strongly suggests that regular exercisers have a much higher level of natural antioxidants
   c. A small number of studies have shown no change in free radical damage in physically active people who take vitamin E and C
   d. Exercise increases the level of free radicals

85. Which of the following is a good source of vitamin C?
   a. Tuna
   b. Wheat germ
   c. Tomatoes
   d. Capsicum

86. Typically, insomnia occurs at what level of caffeine?
   a. 4 cups per day
   b. 500 mg/day
   c. 10 cups per day
   d. 1000 mg/day

87. Which product has no caffeine?
   a. Caffeine-free cola
   b. Herbal tea
   c. Non-cola soft drinks
   d. Green tea
88. Which statement is true concerning caffeine?
   a. Caffeine is no longer on the World Anti-Doping Agency list
   b. Caffeine is not dose related
   c. The International Olympic Committee removed caffeine at any level from the banned substance list
   d. Caffeine has no affect on athletic performance

89. What amount of creatine is found in the skeletal muscle?
   a. 15%
   b. 95%
   c. 76%
   d. 35%

90. Which statement is false concerning creatine?
   a. Creatine occurs naturally in the diet
   b. Cooking destroys creatine
   c. Creatine supplementation does not improve high intensity workouts
   d. Creatine is found in meats, shellfish, and eggs

91. What helps enhance the absorption of creatine?
   a. Fats
   b. Protein
   c. Carbohydrates
   d. Caffeine

92. Which statement is false concerning creatine loading?
   a. All athletes will benefit from creatine
   b. Lower levels are typically found in vegetarians
   c. The only way to find out your creatine levels is to have a muscle biopsy
   d. Creatine is of little value in single sprints

93. In what foods do we find Beta-Alanine?
   a. Dark green leafy vegetables
   b. Yellow fruits and vegetables
   c. Citrus fruits
   d. Chicken breast and fish
94. All of the following may be benefits of colostrums EXCEPT:
   a. Improve performance recovery times
   b. Stay healthy
   c. Increase replenishment of ATP
   d. Decrease risk of infection

95. Which statement is false concerning glucosamine and chondroitin?
   a. Both are normally found in the joint cartilage
   b. Researchers agree that neither supplement is harmful
   c. Researchers are in agreement concerning the benefits
   d. Very few studies have been done on athletes

96. Which of the following does not produce glutamine?
   a. Kidneys
   b. Pancreas
   c. Muscles
   d. Lungs

97. Which statement is true regarding HMB?
   a. The dose of HMB in research is 0.2 – 0.4g per day
   b. The actions of HMB in the body are clear
   c. HMB has a lot to offer as a supplement who are fit who include resistance training in their workout
   d. The body produces 0.2 – 0.4 g of HMB per day

98. Which supplement helps to relax the arteries and improves blood flow?
   a. Nitrate
   b. HMB
   c. Creatine
   d. Chondroitin

99. All of the following are types of prebiotics EXCEPT:
   a. Non-digestible bacteria
   b. Salmonella
   c. Inulin
   d. Fructo-oligosaccharides

100. All of the following supplements are not recommended EXCEPT:
    a. HMB
    b. Bee pollen
    c. Cytochrome C
    d. Chromium picolinate
101. Which statement is false concerning chromium picolinate?
   a. While some claims have been made that it decreases body fat, it was not shown in all studies
   b. There is a patent out for chromium
   c. Chromium boosts glycogen storage above normal rates
   d. Studies have not shown any benefit of chromium

102. What is the challenge in providing accurate research concerning ginseng?
   a. It is banned from all sporting events that drug test athletes due to its anabolic effect
   b. Studies tend to use Siberian ginseng which is not ginseng at all.
   c. It is banned by the International Olympic Committee, so athletes do not want to participate in studies
   d. Obtaining authentic ginseng is hard and expensive, so studies have been of poor quality

103. Which supplement, while not proven to work, is marketing primarily to bodybuilders?
   a. Glucosamine
   b. ZMA
   c. Carnitine
   d. Chromium

104. Which statement is incorrect about vegetarians?
   a. They tend to be healthier than meat eaters
   b. They typically eat more salt in order to flavor their food
   c. They are less likely to smoke
   d. They are less likely to abuse alcohol

105. Which type of vegetarian eats mainly a vegetarian diet most days, and lean meat 1-2 days per week?
   a. Macrobiotic
   b. Lacto-Ovo
   c. Flexitarian
   d. Lacto only
106. Plant protein that does not get completely digested by the time it reaches the end of the small intestines is called:
   a. Bolus
   b. Omega-3
   c. Resistant protein
   d. Fiber

107. What is a simple way for a vegetarian athlete to add extra energy to their diet?
   a. Add polyunsaturated oil in their cooking
   b. Eat ice cream
   c. Take a multi vitamin
   d. Take a supplement of vitamin B

108. Vegetarians who avoid fish are typically lacking in:
   a. Iron
   b. Protein
   c. Omega-6
   d. Omega-3

109. Which is false concerning iron for vegetarians?
   a. Spinach is not a good source for iron
   b. Vegetarians typically have lower iron stores than meat-eaters
   c. Most vegetarians are young women
   d. The body is able to absorb iron from plant foods

110. Zinc is more bioavailable in which of the following foods?
   a. Mushrooms
   b. Animal flesh
   c. Citrus fruits
   d. Dark green leafy vegetables

111. Which type of vegetarian is more likely to be low in calcium, vitamin D, and riboflavin?
   a. Macrobiotic
   b. Flexitarian
   c. Lacto-ovo
   d. Vegan
112. Which type of supplement would be beneficial to take for vegetarians?
   a. Creatine and HMB
   b. Creatine and carnosine
   c. Carnosine and chromium
   d. HMB and chromium

113. Which of the following is not a higher nutritional snack?
   a. Fruit bars coated with yogurt
   b. Muesli bars
   c. Flavoured milk
   d. Fruit bread rolls with dried fruit

114. What is the most popular fast food or carry-out food?
   a. Sandwich
   b. Cookies
   c. Chips
   d. Fruit

115. What time of day are most people at their peak performance?
   a. 10am - noon
   b. 8am – 10am
   c. 11am – 4pm
   d. 4pm – 8pm

116. Which of the following is incorrect regarding changing your body clock time?
   a. We can typically adapt quickly when traveling across 1-4 time zones
   b. Circadian rhythm resynchronizes at a rate of 90 minutes a day when traveling westward
   c. Most jet lag occurs when traveling east to west
   d. It is ideal to begin to adjust your body clock 2-3 days before your departure

117. What is most important for adjusting the body clock?
   a. Sleep
   b. Sunlight
   c. Maintaining eating habits
   d. Rest
118. How long does it take to acclimatize to warmer weather?
   a. 1 day
   b. 24-48 hours
   c. 4 weeks
   d. 7-10 days

119. Which of the following is not recommended to improve chances of getting a good night’s sleep when changing time zones and travelling?
   a. Eat a high carb snack before bedtime
   b. Go for a light training session 3 hours before bed
   c. Keep the bedroom warm
   d. Regulate your sleep time to local time

120. Which of the following should be avoided to help prevent food poisoning when traveling abroad?
   a. Hot buffet foods
   b. Cooked meats
   c. Ice
   d. Probiotics

121. Which of the following is not needed to increase muscle bulk?
   a. Genetics
   b. Excess protein
   c. Patience
   d. Good nutrition

122. Which statement is false regarding increasing muscle bulk?
   a. Unintentional weight loss can be common in sports like football
   b. Gains in muscle mass can be slow
   c. All athletes would benefit to increase in muscle mass
   d. Unfit and overweight individuals would benefit from increasing muscle bulk

123. Which statement is false concerning protein needs when gaining weight or muscle bulk?
   a. Athletes can eat extra carbs in order to gain protein needs
   b. High carbs will limit the amount of protein intake even in a sound, healthy nutrition plan
   c. It is not wise to eat most of your daily protein in one or two meals
   d. Normal protein needs for athletes are 1.3 – 1.5 g/kg of body weight
124. Which food is more energy dense?
   a. 1 Muesli bar
   b. ½ cup of dried fruit
   c. 9 oz. of nuts
   d. 1 tbsp of Peanut butter

125. Which statement is incorrect regarding the enhancement of muscle Definition for body builders?
   a. Fat mobilizers are very beneficial to help remove subcutaneous fat before a competition
   b. Body builders will consume low fat diets to decrease the amount of subcutaneous fat
   c. For every extra gram of glycogen stored, an extra 2.4-4.0 g of water are stored
   d. Restrictive caloric intake prior to a competition will break down muscle which defeats the purpose of competing

126. What does not usually cause athletes to gain too much weight?
   a. Pre-season training
   b. Injury
   c. Alcohol
   d. Fatty foods

127. What is the BMI for a female who is 5’5” and weighs 130 lbs?
   a. 26.2
   b. 35.7
   c. 30.7
   d. 21.6

128. Which statement is false concerning fat burning and weight loss?
   a. There is no easy method to raise your metabolism
   b. Exercise will affect your appetite
   c. Weight training is not a good to use by itself to lose weight
   d. Small, frequent meals do not help raise metabolism

129. Why do low-carbohydrate diets cause people to lose weight if they are not thought of as a good, sound nutritional diet in the long term?
   a. Because more calories are burned converting protein to fuel
   b. Because high protein diets burn fat
   c. Because they are low in calories
   d. Because they drink more water
130. Which statement is false concerning cellulite?
   a. One can have a good overall body fat percentage and still have cellulite
   b. Cellulite has been linked to various health conditions
   c. Cellulite fat stores and regular fat stores are different structurally
   d. Cellulite increases with age

131. How many calories are in each gram of alcohol?
   a. 7
   b. 4
   c. 9
   d. 10

132. What is the primary fuel source for your brain?
   a. Alcohol
   b. Protein
   c. Glycogen
   d. Glucose

133. Which of the following foods is the least filling for the same amount of caloric content?
   a. Croissant
   b. Boiled potatoes
   c. Fruits
   d. lean meats

134. Which of the following provides high satiety, but will never make you fat?
   a. Protein
   b. Low GI carbohydrates
   c. Water
   d. Fat

135. At what percentage of fullness of your stomach are you typically no longer hungry if you eat slowly and properly?
   a. 20%
   b. 80%
   c. 50%
   d. 100%
136. Which type of athlete is at the least risk for developing poor micronutrient status?
   a. Wrestlers trying to make weight
   b. Gymnasts
   c. Females in paired ice skating
   d. Golfers

137. What is the female athlete triad?
   a. Disordered eating leading to amenorrhea, osteoarthritis, and anorexia
   b. Sports with high risks of knee, ankle, and hip injuries
   c. Sports with high risks of anorexia, bulimia, or compulsive overeating
   d. Disordered eating leading to amenorrhea, osteoporosis, and too few calories

138. Which statement is incorrect when working with basketball players’ nutritional plans?
   a. Eat a main meal 2-3 hours before a game
   b. Low glycogen stores can affect them towards the end of the game
   c. If the urine is clear in color before the game, there is no need to hydrate during the game
   d. Eat a reasonably sized meal after a game and before going to bed

139. Which athlete is strongly encouraged to see a sports dietitian more so than other athletes?
   a. Ultra-endurance athletes
   b. 5 k runners
   c. Basketball players
   d. Cricket players

140. Which statement is false concerning sprinters and power sport athletes?
   a. Strength and sprint training requires a little more protein than the average person
   b. Strength and sprint training athletes benefit from creatine supplementation
   c. Training sessions of 2 hours require sports drinks
   d. Protein needs for these athletes ranges from 1.5 – 1.7 g/kg of body weight