

Practice questions for Midterm II

1. Dieting accompanied by compulsive exercise motivated by intense fear of gaining weight is
 - a. Eating disorder
 - b. Binge eating disorder
 - c. Bulimia nervosa
 - d. **Anorexia nervosa**
 - e. Obesity
2. The benefits of physical activity includes the following EXCEPT
 - a. It help build and maintain healthy bones
 - b. Strengthen bones and joints
 - c. Decreases the risk of hypertension
 - d. **Decreases HDL levels**
 - e. Reduces depression and anxiety
3. The amount of force that a muscle is capable of exerting is
 - a. Energy
 - b. Calorie
 - c. Dyne
 - d. Endurance
 - e. **Strength**
4. In this the muscle shortens by movement in a direction opposite to gravity to produce force
 - a. **Concentric muscle action**
 - b. Eccentric muscle action
 - c. Isometric muscle action
 - d. Body resistance
 - e. Fixed resistance
5. Canada's food guide provides
 - a. Advice to healthy eating
 - b. Identifies food groups that need to be taken regularly
 - c. Quantities of foods that need to be taken daily
 - d. Advice on food servings to be taken from each food type
 - e. **All of the above**
6. According to Canada food guide the number of serving of meat and meat products to be taken daily should not exceed
 - a. **2-3 servings**
 - b. 4-8 servings
 - c. 5-10 servings
 - d. 5-12 servings
 - e. < 1 serving
7. Retinol also known as _____ is essential for vision, growth and development
 - a. **Vitamin A**
 - b. Vitamin B
 - c. Vitamin C
 - d. Vitamin D
 - e. Vitamin E

8. Sodium, calcium, phosphorous and magnesium are also known as
- Essential minerals
 - Minerals
 - Macro minerals
 - Micro minerals
 - Dietary minerals
9. When blood supply to the heart is cut-off, it leads to a condition known as
- Myocardial infraction
 - Angina pectoris
 - Thrombus
 - Embolus
 - Arteriosclerosis
10. Abnormally low heart rate is known as
- Tachycardia
 - Bradycardia
 - Arterial fibrillation
 - Ventricular fibrillation
 - Heart attack
11. Diet of affluence is a diet that provides
- Just sufficient calories that one needs
 - Excess calories than one needs
 - Far less calories than one needs
 - Just sufficient calories
 - Insufficient calories
12. Poor diet in the poor and under-developed countries is the major cause of
- Hunger
 - Anorexia
 - Vitamin deficiency and poor health
 - Obesity
 - Hypertension
13. The level of malnutrition in Canada according to the United Nations Food Program is
- Extremely low (<2.0%)
 - Very low (between 2.5% and 4.0%)
 - Moderately low (between 5.0% and 19.0%)
 - Moderately high (between 20% and 34%)
 - Very high (>35%)
14. The severe chest pain because of blocked blood supply to the heart is
- Arthroscleroses
 - Myocardial infraction
 - Angina pectoris
 - Arrhythmia
 - Ischemia
15. Irregular heartbeat is also known as
- Arthroscleroses
 - Arrhythmia
 - Angina pectoris
 - Ischemia
 - Myocardial infraction

16. TB is caused by
- Mycobacterium tuberculosis**
 - Legionella
 - Streptococcus pneumoniae
 - Streptococcus tuberculosis
 - Staphylococcus tuberculosis
17. Pneumonia is caused by
- Mycobacterium tuberculosis
 - Legionella
 - Streptococcus pneumoniae**
 - Streptococcus tuberculosis
 - Staphylococcus tuberculosis
18. This disease affects humans and animals and is characterized by neurodegeneration
- Malaria
 - Rubella
 - Prion disease**
 - German measles
 - Chicken pox