

Practice Final Exam EXCI204--Fall 2018

Multiple Choice

Identify the letter of the choice that **best** completes the statement or answers the question.

- _____ 1. The adult adequate sodium intake is accepted to be _____.
- A. impossible to determine
 - B. approx. the amount one ingests, as the body regulates sodium levels precisely
 - C. sufficient, provided one restricts intakes of processed and cured foods
 - D. healthy, provided one consumes many fruits and vegetables
 - E. about 1/3 of the recommended potassium intake
- _____ 2. Microminerals _____.
- A. are found in large quantities in most processed foods
 - B. are required in extremely small quantities, but are important for health
 - C. are difficult to obtain in the diet, and deficiencies are common
 - D. are abundant in the diet and dietary excesses are common
- _____ 3. The distinction between the major (macro-) minerals and trace (micro-) minerals reflects _____.
- A. the ability to become electrolytes when added to water
 - B. the importance of their functions in the body
 - C. how much there is of each mineral in the body
 - D. the capacity to remain unchanged after absorption
- _____ 4. Calcium absorption is aided by _____.
- A. vitamin D
 - B. phosphorus and fiber
 - C. oxalate and phytate
 - D. all of the above
- _____ 5. Which of the following techniques uses special calipers to ascertain a person's percentage of body fat?
- A. Bioelectric impedance technique
 - B. DXA
 - C. Skin-fold thickness
 - D. Underwater weighing
- _____ 6. In terms of iron metabolism, it could be correctly said that _____.
- A. the body loses 10-15 mg of iron each day
 - B. the iron that is stored in the tissues is principally as compounds called heme
 - C. the best source of dietary iron is fortified grains and bread made with fortified flour
 - D. iron's most important function is to be incorporated into muscle proteins
 - E. the vast majority of iron in the body is used to form hemoglobin
- _____ 7. All steroids are related to the normal body compound _____.
- A. alcohol
 - B. lecithin
 - C. cholesterol
 - D. glycerol
- _____ 8. Which of the following statements is **false**?
- A. Lean tissue contains more fluid than fatty tissue.
 - B. Water is a major solvent in the body.
 - C. Young women have a greater body water % than young men.
 - D. Sweat must evaporate from the skin to provide a cooling effect.
- _____ 9. Anorexia nervosa generally is a disease of:
- A. children up to age 12
 - B. females-30-45 years
 - C. adolescent and young adult males
 - D. adolescent & young adult females
- _____ 10. Ergogenic means _____.
- A. enhancing work and exercise ability
 - B. enhancing sweat rate
 - C. enhancing muscle strength
 - D. decreasing perception of heat stress

- ___ 25. Which of the following is a risk factor for osteoporosis?
 A. Athletic amenorrhea (loss of periods)
 B. High levels of estrogen
 C. Intensive physical activity
 D. Moderate consumption of coffee and alcohol
- ___ 26. Nutritional ergogenic aids can be said to be _____.
 A. inadequately researched concerning their effectiveness
 B. known to be effective because they are produced from natural sources
 C. completely dependable, due to the hundreds of years of the product's use
 D. dependable based on the fact that they can be bought without prescription
- ___ 27. What does "stacking" refer to?
 A. To the collecting of different formulations of steroids prior to starting a program of use.
 B. To the use of steroids for periods of weeks or months, then stopping use for a period of time
 C. The combining of several different types of steroids in an attempt to maximize their effectiveness
 D. The increase in muscle size that results from using AAS
- ___ 28. Obesity seems to be related to _____.
 A. overeating
 B. defective genes
 C. inactivity
 D. multiple factors
- ___ 29. The physiological drive to eat is known as _____.
 A. satisfaction
 B. anticipation
 C. hunger
 D. appetite
- ___ 30. The usefulness of sports drinks is that they _____.
 A. help the body stock up on carbohydrate if exercise is to be 60-90 minutes or more
 B. replenish electrolytes lost in exercise of less than 30 minutes duration in the heat
 C. provide extra protein for those training for weight lifting competition
 D. fulfill all of the above roles
- ___ 31. Which of the following would be an indicator that nutrition information is presented correctly or truthfully?
 A. The product is labelled as natural or organic.
 B. The presented information mentions a recent scientific breakthrough.
 C. A consumer group is providing the nutrition information.
 D. The product or service is endorsed by doctors on TV or the internet.
- ___ 32. The _____ likely aids in hunger regulation by monitoring energy-yielding nutrients in the bloodstream.
 A. liver
 B. hypothalamus
 C. pancreas
 D. pituitary gland
 E. parathyroid gland

Answer Section

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|------|-------|-------|
| 1. E | 10. A | 22. A |
| 2. B | 11. D | 23. B |
| 3. C | 12. D | 24. B |
| 4. A | 13. D | 25. A |
| 5. C | 14. E | 26. A |
| 6. E | 15. D | 27. C |
| 7. C | 16. C | 28. D |
| 8. C | 17. C | 29. C |
| 9. D | 18. D | 30. A |
| | 19. A | 31. C |
| | 20. B | 32. B |
| | 21. D | |