

Examples**EXAM SPORT NUTRITION**

1. The overconsumption of diuretics can contribute to dehydration.
 - True
 - False
2. The hydration requirements for sedentary individuals and athletes are the same.
 - True
 - False
3. In some sports, carbohydrate loading is preferred for peak performance.
 - True
 - False
4. Complex carbohydrates are not considered as healthy as simple carbohydrates.
 - True
 - False
5. Simple carbohydrates are the quickest source of nutritional energy.
 - True
 - False
6. Adequate protein consumption is essential for building muscle mass.
 - True
 - False
7. The majority of muscle tissue is protein.
 - True
 - False
8. Muscle synthesis requires protein.
 - True
 - False
9. Cholesterol is necessary to produce hormones, vitamin D and aid in digestion.
 - True
 - False
10. Dietary cholesterol is found in only plant-based foods.
 - True
 - False

1. What affects recommended water consumption rate?
 - a. Age
 - b. Climate
 - c. Activity level
 - d. All of the above
2. What type of protein digests most quickly?
 - a. Whey
 - b. Casein
 - c. Soy
 - d. Egg
3. Which type of protein takes the longest to digest?
 - a. Whey
 - b. Soy
 - c. Casein
 - d. Egg
4. Approximately how many calories are in a gram of protein?
 - a. 4
 - b. 6
 - c. 9
 - d. 12
5. Proteins are composed of linear chains of what?
 - a. Ions
 - b. Amino acids
 - c. RNA
 - d. DNA
6. Which of the following is a type of fat?
 - a. Monounsaturated
 - b. Polyunsaturated
 - c. Saturated
 - d. All of the above
7. Which type of fat is considered the healthiest?
 - a. Unsaturated
 - b. Saturated
 - c. Trans fat
 - d. All of the above
8. Which activity is known to raise LDL cholesterol?
 - a. Smoking
 - b. Exercising
 - c. Eating healthy
 - d. None of the above
9. Which nutritional strategy is most commonly used before athletic competition to optimize performance?
 - a. Protein loading
 - b. Carbohydrate loading
 - c. Fat loading
 - d. Vitamin A loading
10. Which nutritional energy source is utilized first when exercising?
 - a. Fats
 - b. Proteins
 - c. Carbohydrates
 - d. Water