***Nutrition for Health, Fitness & Sport, 12e* (Williams)**

**Chapter 1 Introduction to Nutrition for Health, Fitness, and Sports Performance**

1) According to data from 2015, the leading cause of death in the United States is \_\_\_\_\_\_\_\_.

A) heart disease

B) stroke

C) cancer

D) diabetes mellitus

Answer: A

Section: Introduction

Topic: Nutrition and Disease; Demographic Trends and Statistics

Bloom's: 1. Remember

Learning Outcome: 01.01 List the leading causes of death in the United States and identify those that may be related to lifestyle factors, including diet and/or physical activity.

Activity Type: New

2) Which of the following leading causes of death in the United States is NOT generally associated with one's diet and physical activity habits?

A) Influenza and pneumonia

B) Cancer

C) Heart disease

D) Alzheimer's disease

Answer: A

Section: Introduction

Topic: Nutrition and Disease

Bloom's: 2. Understand

Learning Outcome: 01.01 List the leading causes of death in the United States and identify those that may be related to lifestyle factors, including diet and/or physical activity.

Activity Type: New

3) A \_\_\_\_\_\_\_\_ is a lifestyle behavior, such as cigarette smoking or inactivity, that has been associated with a particular disease.

A) risk factor

B) genetic predisposition

C) family history

D) genome

Answer: A

Section: Introduction

Topic: Nutrition and Disease

Bloom's: 1. Remember

Learning Outcome: 01.01 List the leading causes of death in the United States and identify those that may be related to lifestyle factors, including diet and/or physical activity.

Activity Type: New

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

Answer: TRUE

Section: Introduction

Topic: Nutrition and Disease

Bloom's: 1. Remember

Learning Outcome: 01.01 List the leading causes of death in the United States and identify those that may be related to lifestyle factors, including diet and/or physical activity.

5) Which of the following statements is FALSE?

A) The Human Genome Project deciphered the code of about 1,000 different genes in humans, but thousands more still need to be identified.

B) Epigenetics is the study of the epigenome.

C) Genomics is the study of genetic material in body cells.

D) An individual's genetic profile may predispose that person to certain forms of chronic disease, such as cancer and/or heart disease.

Answer: A

Section: Introduction

Topic: Nutrition and Disease

Bloom's: 2. Understand

Learning Outcome: 01.01 List the leading causes of death in the United States and identify those that may be related to lifestyle factors, including diet and/or physical activity.

Activity Type: New

6) 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

Answer: C

Section: Fitness and Exercise

Topic: Sports and Exercise Nutrition

Bloom's: 1. Remember

Learning Outcome: 01.02 Explain the importance of genetics, diet, and physical activity in the determination of optimal health and successful sport performance.

7) Which of the following would be considered a component of health-related fitness?

A) Flexibility

B) Speed

C) Power

D) Skill

Answer: A

Section: Fitness and Exercise

Topic: Sports and Exercise Nutrition

Bloom's: 1. Remember

Learning Outcome: 01.02 Explain the importance of genetics, diet, and physical activity in the determination of optimal health and successful sport performance.

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

Answer: TRUE

Section: Fitness and Exercise

Topic: Sports and Exercise Nutrition; Energy Balance and Weight Control

Bloom's: 1. Remember

Learning Outcome: 01.02 Explain the importance of genetics, diet, and physical activity in the determination of optimal health and successful sport performance.

9) Exercise can be used to help prevent and even treat many chronic diseases.

Answer: TRUE

Section: Exercise and Health Promotion

Topic: Sports and Exercise Nutrition; Nutrition and Disease

Bloom's: 2. Understand

Learning Outcome: 01.02 Explain the importance of genetics, diet, and physical activity in the determination of optimal health and successful sport performance.

10) Which of the following is an example of structured physical activity?

A) Running to train for a 5K race

B) Taking the stairs at work

C) Walking with family after dinner

D) Gardening

Answer: A

Section: Fitness and Exercise

Topic: Sports and Exercise Nutrition; Physical Activity and Exercise

Bloom's: 2. Understand

Learning Outcome: 01.03 Describe the components of health-related fitness and identify the potential health benefits associated with each.

Activity Type: New

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

Answer: FALSE

Section: Fitness and Exercise

Topic: Sports and Exercise Nutrition; Physical Activity and Exercise

Bloom's: 2. Understand

Learning Outcome: 01.02 Explain the importance of genetics, diet, and physical activity in the determination of optimal health and successful sport performance.

12) According to the principle of \_\_\_\_\_\_\_\_, taking rest periods between multiple sets during a weight-lifting workout is important to optimizing exercise performance and preventing injury.

A) recuperation

B) progression

C) specificity

D) reversibility

Answer: A

Section: Fitness and Exercise

Topic: Sports and Exercise Nutrition; Physical Activity and Exercise

Bloom's: 2. Understand

Learning Outcome: 01.05 Summarize the seven key principles of exercise training.

Activity Type: New

13) According to the principle of \_\_\_\_\_\_\_\_, the health benefits a person achieves from a specific exercise training program varies significantly based on the individual.

A) individuality

B) overuse

C) specificity

D) progression

Answer: A

Section: Fitness and Exercise

Topic: Sports and Exercise Nutrition; Physical Activity and Exercise

Bloom's: 2. Understand

Learning Outcome: 01.05 Summarize the seven key principles of exercise training.

Activity Type: New

14) As she is training for the upcoming New York marathon, Jaelyn 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) Progression

B) Specificity

C) Individuality

D) Recuperation

Answer: A

Section: Fitness and Exercise

Topic: Sports and Exercise Nutrition; Physical Activity and Exercise

Bloom's: 3. Apply

Learning Outcome: 01.05 Summarize the seven key principles of exercise training.

15) 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.

Answer: FALSE

Section: Exercise and Health Promotion

Topic: Healthy Diet Guidelines; Sports and Exercise Nutrition

Bloom's: 1. Remember

Learning Outcome: 01.02 Explain the importance of genetics, diet, and physical activity in the determination of optimal health and successful sport performance.

16) Which of the following is a health effect associated with regular exercise?

A) Reduced risk of breast and prostate cancer

B) Increased blood pressure

C) Decreased insulin sensitivity

D) Poor sleep and increased risk for depression

Answer: A

Section: Fitness and Exercise

Topic: Sports and Exercise Nutrition; Nutrition and Disease; Physical Activity and Exercise

Bloom's: 1. Remember

Learning Outcome: 01.02 Explain the importance of genetics, diet, and physical activity in the determination of optimal health and successful sport performance.

Activity Type: New

17) Which of the following is generally considered a short-term "cost" of physical inactivity?

A) Weight gain

B) Development of type 2 diabetes mellitus

C) Development of colon cancer

D) Premature mortality

Answer: A

Section: Exercise and Health Promotion

Topic: Sports and Exercise Nutrition; Physical Activity and Exercise

Bloom's: 2. Understand

Learning Outcome: 01.02 Explain the importance of genetics, diet, and physical activity in the determination of optimal health and successful sport performance.

Activity Type: New

18) Adiponectin is the major cytokine produced in muscle cells.

Answer: FALSE

Section: Exercise and Health Promotion

Topic: Sports and Exercise Nutrition

Bloom's: 1. Remember

Learning Outcome: 01.02 Explain the importance of genetics, diet, and physical activity in the determination of optimal health and successful sport performance.

Activity Type: New

19) According to the *2008 Physical Activity Guidelines for Americans*, healthy adults should engage in at least \_\_\_\_\_\_\_\_ minutes a week of moderate-intensity physical activity or \_\_\_\_\_\_\_\_ minutes a week of vigorous-intensity physical activity.

A) 150; 75

B) 200; 100

C) 250; 100

D) 120; 60

Answer: A

Section: Physical Activity Guidelines

Topic: Sports and Exercise Nutrition; Physical Activity and Exercise

Bloom's: 1. Remember

Learning Outcome: 01.02 Explain the importance of genetics, diet, and physical activity in the determination of optimal health and successful sport performance.

Activity Type: New

20) Patrick is a healthy 22-year old adult male. According to the *2008 Physical Activity Guidelines for Americans*, Patrick should participate in muscle-strengthening activities \_\_\_\_\_\_\_\_.

A) at least two days a week

B) daily

C) at least five days per week

D) at least 120 minutes per week

Answer: A

Section: Physical Activity Guidelines

Topic: Sports and Exercise Nutrition; Physical Activity and Exercise

Bloom's: 1. Remember

Learning Outcome: 01.02 Explain the importance of genetics, diet, and physical activity in the determination of optimal health and successful sport performance.

Activity Type: New

21) After being sedentary for the past three years, 24-year old Angelica started working out last year. She started out exercising three days a week for about an hour and has now worked up to exercising daily for at least three hours. Angelica often exercises now a couple of times a day—usually early morning and then after work. Based on physical activity guidelines, exercising too much or at an excessive intensity may actually be detrimental, rather than beneficial, to health.

Answer: TRUE

Section: Physical Activity Guidelines

Topic: Sports and Exercise Nutrition; Physical Activity and Exercise

Bloom's: 2. Understand

Learning Outcome: 01.02 Explain the importance of genetics, diet, and physical activity in the determination of optimal health and successful sport performance.

Activity Type: New

22) Which of the following activities in generally considered vigorous-intensity?

A) Bicycling at a rate of 15 mph

B) Jogging at a rate of 3.5 mph

C) Playing doubles tennis

D) Taking a pilates class

Answer: A

Section: Physical Activity Guidelines

Topic: Sports and Exercise Nutrition; Physical Activity and Exercise

Bloom's: 1. Remember

Learning Outcome: 01.02 Explain the importance of genetics, diet, and physical activity in the determination of optimal health and successful sport performance.

Activity Type: New

23) According to the Centers for Disease Control and Prevention (CDC), approximately 1 in \_\_\_\_\_\_\_\_ American adults meet the minimum physical activity recommendations.

A) 5

B) 6

C) 4

D) 3

Answer: A

Section: Physical Activity Guidelines

Topic: Physical Activity and Exercise; Trends and Statistics

Bloom's: 2. Understand

Learning Outcome: 01.02 Explain the importance of genetics, diet, and physical activity in the determination of optimal health and successful sport performance.

Activity Type: New

24) Which type of fitness tracker typically tracks steps and the amount and type of physical activity and can be synced to devices?

A) Fitness band

B) Pedometer

C) Accelerometer

D) Heart rate monitor

Answer: A

Section: Physical Activity Guidelines

Topic: Sports and Exercise Nutrition; Physical Activity and Exercise

Bloom's: 2. Understand

Learning Outcome: 01.02 Explain the importance of genetics, diet, and physical activity in the determination of optimal health and successful sport performance.; 01.04 Compare and contrast sports-related fitness and health-related fitness.

Activity Type: New

25) Engaging in regular physical activity is often associated with beneficial effects on health and prevention of chronic disease. However, athletes training for and participating in various activities may be at an increased risk for which of the following health problems?

A) Mild traumatic brain injury

B) Coronary artery disease

C) Diabetes mellitus

D) Hypertension

Answer: A

Section: Physical Activity Guidelines

Topic: Sports and Exercise Nutrition; Physical Activity and Exercise

Bloom's: 2. Understand

Learning Outcome: 01.03 Describe the components of health-related fitness and identify the potential health benefits associated with each.

Activity Type: New

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

Answer: TRUE

Section: Physical Activity Guidelines

Topic: Physical Activity and Exercise

Bloom's: 2. Understand

Learning Outcome: 01.02 Explain the importance of genetics, diet, and physical activity in the determination of optimal health and successful sport performance.

27) Essential nutrients include all of the following except \_\_\_\_\_\_\_\_.

A) phytonutrients

B) carbohydrates

C) proteins

D) water

Answer: A

Section: Nutrition and Fitness

Topic: Nutrition Basics

Bloom's: 1. Remember

Learning Outcome: 01.06 Explain the importance of diet choices and proper nutrition in promoting optimal health and wellness.

Activity Type: New

28) 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

Answer: B

Section: Nutrition and Fitness

Topic: Nutrition Basics

Bloom's: 2. Understand

Learning Outcome: 01.06 Explain the importance of diet choices and proper nutrition in promoting optimal health and wellness.

29) All of the following factors have been associated with an increased risk for heart disease except \_\_\_\_\_\_\_\_.

A) eating more dietary fiber

B) eating too much saturated fat

C) eating too much cholesterol

D) being overweight or obese

Answer: A

Section: Nutrition and Fitness

Topic: Healthy Diet Guidelines; Sports and Exercise Nutrition; Nutrition Basics; Energy Balance and Weight Control

Bloom's: 2. Understand

Learning Outcome: 01.06 Explain the importance of diet choices and proper nutrition in promoting optimal health and wellness.

Activity Type: New

30) A diet lacking calcium and/or vitamin D has been associated with an increased risk for osteoporosis.

Answer: TRUE

Section: Nutrition and Fitness

Topic: Nutrition Basics; Nutrition and Disease

Bloom's: 1. Remember

Learning Outcome: 01.06 Explain the importance of diet choices and proper nutrition in promoting optimal health and wellness.

Activity Type: New

31) Which of the following is NOT one of the overarching guidelines from the *2015–2020 Dietary Guidelines for Americans*?

A) Consume only plant-based foods.

B) Support healthy eating patterns for all.

C) Focus on variety, nutrient density, and amount.

D) Limit kcal from added sugars and saturated fats and reduce sodium intake.

Answer: A

Section: Nutrition and Fitness

Topic: Healthy Diet Guidelines; Nutrition Basics; Nutrition and Disease

Bloom's: 2. Understand

Learning Outcome: 01.06 Explain the importance of diet choices and proper nutrition in promoting optimal health and wellness.

Activity Type: New

32) According to the MyPlate recommendations, all of the following are food group categories except \_\_\_\_\_\_\_\_.

A) meat, poultry, and egg food group

B) dairy food group

C) vegetable food group

D) grains food group

Answer: A

Section: Nutrition and Fitness

Topic: Healthy Diet Guidelines; Nutrition Basics

Bloom's: 1. Remember

Learning Outcome: 01.06 Explain the importance of diet choices and proper nutrition in promoting optimal health and wellness.

Activity Type: New

33) 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

Answer: A

Section: Nutrition and Fitness

Topic: Healthy Diet Guidelines; Nutrition Basics

Bloom's: 2. Understand

Learning Outcome: 01.06 Explain the importance of diet choices and proper nutrition in promoting optimal health and wellness.

34) Which of the following modifiable risk factors associated with coronary artery disease are classified as major risk factors?

A) Smoking and sedentary lifestyle

B) Gender and stressful lifestyle

C) Dietary intake and race

D) Gender and age

Answer: A

Section: Nutrition and Fitness

Topic: Nutrition and Disease

Bloom's: 1. Remember

Learning Outcome: 01.02 Explain the importance of genetics, diet, and physical activity in the determination of optimal health and successful sport performance.

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

Answer: TRUE

Section: Sports-Related Fitness: Exercise and Nutrition

Topic: Sports and Exercise Nutrition; Nutrition Basics

Bloom's: 2. Understand

Learning Outcome: 01.06 Explain the importance of diet choices and proper nutrition in promoting optimal health and wellness.

36) All of the following are key objectives of sports nutrition for athletes except \_\_\_\_\_\_\_\_.

A) promoting rapid weight gain

B) promoting optimal performance during competition

C) promoting good health

D) promoting quick recover after each training session

Answer: A

Section: Sports-Related Fitness: Exercise and Nutrition

Topic: Sports and Exercise Nutrition; Nutrition Basics

Bloom's: 2. Understand

Learning Outcome: 01.06 Explain the importance of diet choices and proper nutrition in promoting optimal health and wellness.

37) 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.

Answer: A

Section: Sports-Related Fitness: Exercise and Nutrition

Topic: Sports and Exercise Nutrition; Nutrition Basics

Bloom's: 3. Apply

Learning Outcome: 01.06 Explain the importance of diet choices and proper nutrition in promoting optimal health and wellness.

38) 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

Answer: E

Section: Sports-Related Fitness: Exercise and Nutrition

Topic: Sports and Exercise Nutrition; Nutrition Basics

Bloom's: 2. Understand

Learning Outcome: 01.06 Explain the importance of diet choices and proper nutrition in promoting optimal health and wellness.

39) 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.

Answer: D

Section: Sports-Related Fitness: Exercise and Nutrition

Topic: Sports and Exercise Nutrition; Nutrition Basics; Nutrition and Disease

Bloom's: 1. Remember

Learning Outcome: 01.06 Explain the importance of diet choices and proper nutrition in promoting optimal health and wellness.

40) Sports 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

F) promote good health, optimize adaptations to training, recover rapidly from an intense or prolonged training session, and perform optimally during competition

Answer: F

Section: Sports-Related Fitness: Exercise and Nutrition

Topic: Sports and Exercise Nutrition; Nutrition Basics

Bloom's: 2. Understand

Learning Outcome: 01.06 Explain the importance of diet choices and proper nutrition in promoting optimal health and wellness.

41) A healthy diet can impact exercise or sports performance in many ways.  All of the following are specific benefits of a healthy diet on physical performance except \_\_\_\_\_\_\_\_.

A) decreased muscle tissue growth

B) enhanced energy-producing metabolic pathways

C) enhanced mental functioning

D) prevention of muscle tissue damage

Answer: A

Section: Sports-Related Fitness: Exercise and Nutrition

Topic: Sports and Exercise Nutrition; Nutrition Basics

Bloom's: 2. Understand

Learning Outcome: 01.06 Explain the importance of diet choices and proper nutrition in promoting optimal health and wellness.

Activity Type: New

42) Sarah is an elite gymnast who now competes on the gymnastics team at her college. As a young female athlete, she is most likely to experience a deficiency of which of the following nutrients?

A) Iron and calcium

B) Vitamin D and vitamin C

C) Zinc and vitamin A

D) Calcium and vitamin B6

Answer: A

Section: Sports-Related Fitness: Exercise and Nutrition

Topic: Sports and Exercise Nutrition; Nutrition Basics

Bloom's: 2. Understand

Learning Outcome: 01.06 Explain the importance of diet choices and proper nutrition in promoting optimal health and wellness.

Activity Type: New

43) A key to sound nutrition for the athletic individual is to eat a wide variety of healthful foods.

Answer: TRUE

Section: Sports-Related Fitness: Exercise and Nutrition

Topic: Healthy Diet Guidelines; Sports and Exercise Nutrition; Nutrition Basics

Bloom's: 1. Remember

Learning Outcome: 01.06 Explain the importance of diet choices and proper nutrition in promoting optimal health and wellness.

44) 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.

Answer: D

Section: Ergogenic Aids and Sports Performance: Beyond Training

Topic: Sports and Exercise Nutrition; Dietary Supplements; Ergogenic Aids

Bloom's: 2. Understand

Learning Outcome: 01.07 Summarize the role of dietary supplements as ergogenic aids to promote sports performance.

45) 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

Answer: B

Section: Ergogenic Aids and Sports Performance: Beyond Training

Topic: Sports and Exercise Nutrition; Dietary Supplements; Ergogenic Aids

Bloom's: 1. Remember

Learning Outcome: 01.07 Summarize the role of dietary supplements as ergogenic aids to promote sports performance.

46) The most prevalent ergogenic aids used to increase sport performance are those classified as \_\_\_\_\_\_\_\_.

A) physiological

B) nutritional

C) pharmacological

D) mechanical

Answer: B

Section: Ergogenic Aids and Sports Performance: Beyond Training

Topic: Sports and Exercise Nutrition; Dietary Supplements; Ergogenic Aids

Bloom's: 1. Remember

Learning Outcome: 01.07 Summarize the role of dietary supplements as ergogenic aids to promote sports performance.

47) The use of hypnosis to improve exercise performance is an example of a \_\_\_\_\_\_\_\_ ergogenic aid.

A) mechanical

B) psychological

C) physiological

D) pharmacological

Answer: B

Section: Ergogenic Aids and Sports Performance: Beyond Training

Topic: Sports and Exercise Nutrition; Ergogenic Aids

Bloom's: 1. Remember

Learning Outcome: 01.07 Summarize the role of dietary supplements as ergogenic aids to promote sports performance.

48) Dietary supplements may contain \_\_\_\_\_\_\_\_.

A) essential vitamins and minerals

B) herbal products such as gingko

C) various amino acids

D) All of these choices are correct.

Answer: D

Section: Ergogenic Aids and Sports Performance: Beyond Training

Topic: Sports and Exercise Nutrition; Dietary Supplements; Ergogenic Aids

Bloom's: 1. Remember

Learning Outcome: 01.07 Summarize the role of dietary supplements as ergogenic aids to promote sports performance.

49) Chromium and boron supplements would be an example of which major classification of nutritional supplement?

A) Vitamin

B) Protein

C) Carbohydrate

D) Mineral

Answer: D

Section: Ergogenic Aids and Sports Performance: Beyond Training

Topic: Sports and Exercise Nutrition; Nutrition Basics; Dietary Supplements; Ergogenic Aids

Bloom's: 1. Remember

Learning Outcome: 01.07 Summarize the role of dietary supplements as ergogenic aids to promote sports performance.

50) According to the National Collegiate Athletic Association (NCAA) classification system of dietary supplements, a high-protein supplement is classified as \_\_\_\_\_\_\_\_.

A) impermissible

B) permissible

C) banned

D) recommended

Answer: A

Section: Ergogenic Aids and Sports Performance: Beyond Training

Topic: Sports and Exercise Nutrition; Nutrition Basics; Dietary Supplements; Ergogenic Aids

Bloom's: 2. Understand

Learning Outcome: 01.07 Summarize the role of dietary supplements as ergogenic aids to promote sports performance.

Activity Type: New

51) The use of drugs in sports, such as a weight lifter using anabolic steroids, is known as doping.

Answer: TRUE

Section: Ergogenic Aids and Sports Performance: Beyond Training

Topic: Sports and Exercise Nutrition; Dietary Supplements; Ergogenic Aids

Bloom's: 1. Remember

Learning Outcome: 01.07 Summarize the role of dietary supplements as ergogenic aids to promote sports performance.

Activity Type: New

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

Answer: TRUE

Section: Nutritional Quackery in Health and Sports

Topic: Sports and Exercise Nutrition; Nutrition Basics

Bloom's: 1. Remember

Learning Outcome: 01.08 Define nutritional quackery and provide strategies that can be utilized to determine whether claims regarding a dietary supplement are valid.

53) Which of the following statements is FALSE?

A) The term quackery refers to a fake practitioner, as well as a worthless product.

B) It has been estimated that 5 billion dollars a year are spent on questionable health practices in the United States.

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.

Answer: B

Section: Nutritional Quackery in Health and Sports

Topic: Sports and Exercise Nutrition; Nutrition Basics

Bloom's: 1. Remember

Learning Outcome: 01.08 Define nutritional quackery and provide strategies that can be utilized to determine whether claims regarding a dietary supplement are valid.

54) Which of the following are characteristics of nutritional supplement advertisements practicing nutritional quackery?

A) Products that contain "secret" ingredients

B) Products endorsed by popular professional athletes

C) Products that cite beneficial results from one single study

D) Products advertised predominately in "health" and "fitness" magazines/websites

E) All of the choices are correct.

Answer: E

Section: Nutritional Quackery in Health and Sports

Topic: Sports and Exercise Nutrition; Nutrition Basics

Bloom's: 2. Understand

Learning Outcome: 01.08 Define nutritional quackery and provide strategies that can be utilized to determine whether claims regarding a dietary supplement are valid.

Activity Type: New

55) A professional with the CSSD (Certified Specialist in Sports Dietetics) credential \_\_\_\_\_\_\_\_.

A) is a registered dietitian nutritionist (RD or RDN) with advanced training in sports nutrition

B) graduated with a bachelor's degree in public health or health promotion

C) must be a medical doctor with at least five years of advanced training in nutrition

D) may have only taken an online course in "sports nutrition" and might not be a reputable source of information

Answer: A

Section: Nutritional Quackery in Health and Sports

Topic: Sports and Exercise Nutrition; Nutrition Basics

Bloom's: 2. Understand

Learning Outcome: 01.08 Define nutritional quackery and provide strategies that can be utilized to determine whether claims regarding a dietary supplement are valid.

Activity Type: New

56) 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.

Answer: B

Section: Research and Evidence-Based Recommendations

Topic: Scientific Method

Bloom's: 1. Remember

Learning Outcome: 01.09 Explain what types of research have been used to evaluate the relationship between nutrition and health or sport performance, and evaluate the pros and cons of each type.

57) Sound nutrition research involving exercise performance is best performed using placebo-controls, cross-over designs, and double-blinded strategies when evaluating nutritional ergogenic aids. 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 Academy of Nutrition and Dietetics

D) Runner's World

E) Journal of Applied Physiology

Answer: D

Section: Research and Evidence-Based Recommendations

Topic: Nutrition Basics; Scientific Method

Bloom's: 2. Understand

Learning Outcome: 01.09 Explain what types of research have been used to evaluate the relationship between nutrition and health or sport performance, and evaluate the pros and cons of each type.

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

Answer: TRUE

Section: Research and Evidence-Based Recommendations

Topic: Sports and Exercise Nutrition; Nutrition Basics; Nutrition and Disease; Scientific Method

Bloom's: 1. Remember

Learning Outcome: 01.09 Explain what types of research have been used to evaluate the relationship between nutrition and health or sport performance, and evaluate the pros and cons of each type.

59) Epidemiological research is used to establish a cause-and-effect relationship between a specific aspect of diet and sports performance.

Answer: FALSE

Section: Research and Evidence-Based Recommendations

Topic: Nutrition and Disease; Scientific Method

Bloom's: 2. Understand

Learning Outcome: 01.09 Explain what types of research have been used to evaluate the relationship between nutrition and health or sport performance, and evaluate the pros and cons of each type.

Activity Type: New

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

Answer: TRUE

Section: Research and Evidence-Based Recommendations

Topic: Nutrition and Disease; Scientific Method

Bloom's: 2. Understand

Learning Outcome: 01.09 Explain what types of research have been used to evaluate the relationship between nutrition and health or sport performance, and evaluate the pros and cons of each type.

61) 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 may cut heart disease risk by half

B) half of the population in this village suffers from heart diseases

C) olive oil consumption increases heart disease risk by 50%

D) 50% of the population in this village has diabetes and osteoporosis

Answer: A

Section: Research and Evidence-Based Recommendations

Topic: Sports and Exercise Nutrition; Nutrition and Disease; Scientific Method

Bloom's: 3. Apply

Learning Outcome: 01.09 Explain what types of research have been used to evaluate the relationship between nutrition and health or sport performance, and evaluate the pros and cons of each type.

62) A \_\_\_\_\_\_\_\_ is a group of research participants who have the same general characteristics.

A) cohort

B) randomized clinical trial

C) placebo

D) risk group

Answer: A

Section: Research and Evidence-Based Recommendations

Topic: Sports and Exercise Nutrition; Nutrition Basics; Nutrition and Disease; Scientific Method

Bloom's: 1. Remember

Learning Outcome: 01.09 Explain what types of research have been used to evaluate the relationship between nutrition and health or sport performance, and evaluate the pros and cons of each type.

Activity Type: New