Strand 5 REVIEW

Sports Nutrition

Directions: For each of the following questions choose the most correct answer.

1. Each gram of protein produces: (5.1)

a. 4 calories c. 9 calories

b. 6 calories d. 30 calories

2. A great source of protein is: (5.1)

a. Bananas c. Butter

b. Gatorade d. Soy

3. Which of the following does the body use as the most basic form of energy? (5.1)

a. Glucose c. Cellulose

b. Glycogen d. Protein

4. Which of the following is the storage form of glucose? (5.1)

a. Glucose c. Cellulose

b. Glycogen d. Protein

5. Carbo-loading begins with: (5.3)

a. Exercising to exhaustion to deplete glucose stores

b. Eating a high fat meal to “trick” your body into burning carbohydrate

c. Eating a high protein meal to get your body ready to build muscle

d. A light workout to conserve glucose stores

6. While exercising you should drink: (5.2)

a. Only when you are very thirsty because drinking too much causes cramps

b. About every 15 minutes

c. Only before and after exercise

d. It is different for everyone - your body will let you know when you need to drink

7. Sports drinks that are very high in glucose: (5.2)

a. Are always preferred because they replace valuable glucose stores

b. Can actually cause dehydration because it holds liquid in the stomach

c. Are more effective if they are grape flavored

d. Will prevent heavy sweating

8. The most effective way to rehydrate after a workout is to: (5.2)

a. Drink until you are no longer thirsty

b. Weigh yourself before then after drink until you weigh the same as before working out

c. Drink any kind of soda because the carbonation replaces carbohydrates better

d. Drink until you puke

9. When weight lifting your body needs: (5.3)

a. A significant increase in protein and supplements are encouraged

b. No increase in protein

c. A little more protein than usual but nothing that a well-balanced diet can’t provide

d. More vitamins and minerals

10. The body uses proteins for energy: (5.1)

a. As its main energy source

b. Only when carbohydrates and fats are not available

c. For activities requiring quick bursts of energy

d. When activity levels are very low

11. “Essential amino acids” refers to amino acids that: (5.1)

a. must be obtained in the diet; the body cannot create them

b. are the most important to the body

c. are found in carbohydrates; not proteins

d. are carried in the body attached to lipids

12. Which of the following nutrients provide energy? (5.1)

a. Protein d. Vitamins

b. Carbohydrates e. A, B, and C

c. Fats

13. 1 gram of carbohydrate yields: (5.1)

a. 2 kcals c. 6 kcals

b. 4 kcals d. 8 kcals

14. Fiber is important because it: (5.1)

a. Digests quickly and enters the blood stream more rapidly than other carbohydrates

b. Has “essential” nutrients that are not found in other carbohydrates

c. Blocks the absorption of fat

d. Is not digested at all and passes right through the digestive system

15. Which of the following is the most important energy source for athletes? (5.1)

a. Protein c. Carbohydrates

b. Vitamins d. Fats

16. 1gram of fat yields: (5.1)

a. 3 kcals c. 9 kcals

b. 6 kcals d. 12 kcals

17. Sports drinks are recommended over water: (5.2)

a. Always- because they provide carbohydrates and sodium

b. When exercise lasts for less that 1 hour

c. For all sports that require quick bursts of energy followed by frequent rests

d. For exercise that last over 2 hours

18. Carbohydrate in sports drinks should not exceed: (5.2)

a. 4% c. 12%

b. 8% d. 20%

19. Having sodium in a beverage can be useful because: (5.2)

a. Sodium can help replace salt lost through sweating

b. Sodium causes thirst and encourages drinking

c. Sodium increases energy levels

d. Both a and b are correct answers

e. All the above

20. A potentially serious medical condition that typically occurs during a long athletic event where heavy sweating occurs and the athlete consumes a copious about of water is: (5.2)

a. Hyponatremia c. Hydritis

b. Hyperhydrophagia d. Hyperhydromania

21. A pre-event meal should be primarily: (5.3)

a. Carbohydrates c. Fats

b. Proteins d. An even mix of carbs and proteins

22. Carbohydrate loading is most effective for: (5.3)

a. Sports that require short bursts of energy c. Weight training

b. Endurance events d. Events that occur in the cold

23. A side effect of carbohydrate loading is it: (5.3)

a. Can make the athlete feel jittery

b. Can lead to increased bleeding

c. May cause an inability to use protein for energy and may affect sports requiring power

d. May cause the athlete to feel bloated because glycogen holds water when it is stored

24. The post game meal should consist of: (5.3)

a. Carbohydrates only c. Mostly fats

b. Mostly proteins d. Mostly carbohydrates with some protein

25. The body can store: (5.1)

a. Protein c. Water soluble vitamins

b. Carbohydrates d. Money

26. Vitamins A, D, E, and K are \_\_\_\_\_\_\_\_\_\_, while vitamins B and C are \_\_\_\_\_\_\_\_\_\_. (5.1)

1. water soluble, insoluble c. fat soluble, insoluble

b. water soluble, fat soluble d. fat soluble, water soluble

27. Which electrolyte is lost in greatest abundance with the sweat? (5.1)

a. potassium c. sodium

b. calcium d. magnesium