

Chapter 1 Basic Physiology

1.) **The most accurate form of measurement for long-term health and weight-management is** (check one):

- ☐ Pounds on the scale
- ☐ Body Mass Index (BMI)
- ☐ Body Composition (lean mass vs. body-fat)

2.) **The word “calorie” relates to:**

- ☐ Combustion (to produce energy)
- ☐ Fat on your body
- ☐ Carbohydrate

3.) **Make the following conversions:**

Food	Grams	Calories
Fat	5	
Carbohydrate		40
Protein	20	

4.) **Basal Metabolic Rate (BMR) is the:**

- ☐ Minimum amount of calories required for vital bodily functions during a relaxed, reclined and waking state
- ☐ Amount of calories required to heat a one (1) cup of water one (1) degree Celsius in one (1) minute
- ☐ Amount of energy used during an intense workout

5.) **The most healthy way to decrease body-fat is:**

- ☐ Drop your caloric intake below 800 calories per day
- ☐ Through a slight negative energy balance where the caloric expenditure slightly exceeds the caloric intake
- ☐ Liposuction

6.) **The body’s first choice for fuel is:**

- ☐ Stored fat
- ☐ Stored glycogen
- ☐ Stored protein

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- 7.) The body can convert fat into glucose to feed its nervous system and metabolism:
- ☐ True
- ☐ False
- 8.) The body can convert protein into glucose to feed its nervous system and metabolism:
- ☐ True
- ☐ False
- 9.) When caloric intake goes below BMR, as in commercial weight-loss programs, the body will:
- ☐ Perceive starvation and create a “survival” metabolism
- ☐ Burn muscle to fuel its energy requirements
- ☐ Slow down metabolism to reduce energy requirements
- ☐ Store even more body-fat to fend off the perceived threat of starvation
- ☐ All of the above
- 10.) People who continue to go on and off “restricted calorie” diet programs typically rebound to a higher weight after each round of dieting. This rebound effect is known as:
- ___-___ Dieting

Notes:
