

# Quiz 01 / Answers

## 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	<b>45</b>
Carbohydrate	<b>10</b>	40
Protein	20	<b>80</b>

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

**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:\_\_\_\_\_**

- YO-YO Dieting