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 (BMR)
 - 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	45
Carbohydrate	10	40
Protein	20	80

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

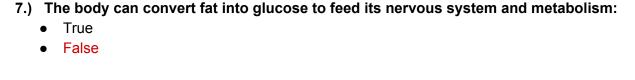
- Minimum amount of calories required for vital bodily functions during a relaxed, reclined and waking state
- Amount of calories required to heat a one (1) cup of water one (1) degree Celsius in one
 (1) minute
- Amount of energy used during an intense workout

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



- 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