

MODULE 2 QUIZ

Started: Nov 9 at 2:22p.m.

Quiz Instructions

This quiz is based on the material from Module 2.

There is no time limit, but you have only one attempt. Remember to submit your quiz. Quercus does not do this automatically for untimed quizzes.

The quiz is open book.

Select the best answer.

Question 1

1 pts

A 90 kg female bodybuilder wants to gain muscle and lose fat. She decides to break down her macronutrient intake each day as follows: 2.4 g/kg protein; 3.1 g/kg carbohydrates; 0.6 g/kg fat. How many total kilocalories is she consuming per day?

- ☐ 1752 kcal
- ☐ 2466 kcal
- ☐ 2520 kcal
- ☐ 1792 kcal
- ☐ There is no evidence that female athletes can gain muscle and lose weight at the same time, so this is not possible.

Question 2

1 pts

Sam comes to you for advice to see if the way he's exercising and eating is going to put him on the right path to losing weight. He's gone to an exercise physiology laboratory to get some caloric testing done. They determined that his Basal metabolic rate is 1650 kcal/day. Sam exercises by either lifting weights for 60 minutes or biking

90 minutes each day, but not do both on the same day. They estimate that Sam's time weight training and his cycling expend about 400 kcal each. Sam also did a doubly-labelled water test and they found that his very sedentary office job that he drives to has him burning an additional 500 kcal/day. They estimate that the energy his body uses for digestion of the food that he eats is 244 kcal/day.

Sam gives you his 3-day food record and you can see that on average, he eats 115g of protein, 250g of carbohydrates and 80g of fat. Based on this information, Sam is in _____ energy balance because he is consuming _____ than he expends. Fill in the blanks.

- ☐ Positive; 465 kcal more
- ☐ Positive; 380 kcal more
- ☐ None of these answers are correct
- ☐ Negative; 465 kcal less
- ☐ Negative; 380 kcal less

Question 3

1 pts

After digestion and absorption of dietary lipids, which lipid-containing particle enters the bloodstream?

- ☐ LDL
- ☐ Micelle
- ☐ VLDL
- ☐ Chylomicron

Question 4

1 pts

Why is visceral fat considered detrimental to health?

☐ It produces anti-inflammatory proteins which are released into the bloodstream.

☐ It tends to be more insulin-sensitive than subcutaneous fat

☐ It readily secretes free fatty acids which contribute to insulin resistance

☐ It secretes hormones that suppress hunger

Question 5

1 pts

What category in the 24 hour Movement Guidelines describes sedentary behavior?

☐ Stand

☐ Sit

☐ Step

☐ Sleep

Question 6

1 pts

Which dietary pattern is the least likely to lower cholesterol levels?

☐ The Mediterranean diet

☐ The Portfolio diet

☐ The DASH plan

☐ A diet consisting of highly processed foods

Question 7

1 pts

A person of South Asian ethnicity has a BMI of 23.2. Into which BMI category does this individual fall?

- ☐ Overweight-moderate risk
- ☐ Overweight-at risk
- ☐ Normal
- ☐ Obesity-Class 1

Question 8

1 pts

Which is NOT a factor that contributes to the development of insulin resistance in the liver, adipose tissue, and muscle?

- ☐ Suppression of gluconeogenesis in the post-prandial state
- ☐ Lipotoxicity
- ☐ Inflammation
- ☐ Increased release of free fatty acids from adipose tissue

Question 9

1 pts

Which of the following would be considered a high quality carbohydrate food, i.e. food that is beneficial to health?

- ☐ Low GI food
- ☐ Food made from white flour
- ☐ Food low in soluble and insoluble fiber

- ☐ Food high in free sugars

Question 10

1 pts

Which fatty acids help promote bile acid synthesis?

- ☐ Omega 3
- ☐ saturated
- ☐ Omega 6
- ☐ MUFA

Question 11

1 pts

In the indicator amino acid method of determining protein requirement, what does the C- 13 label in the amino acid indicate?

- ☐ The C 13 label is measured in the blood and indicates how much of the amino acid is being metabolized for energy.
- ☐ The C 13 label is measured in feces and indicates how much of the amino acid is being absorbed.
- ☐ The C 13 label is measured in the feces and indicates how much of the amino acid is being metabolized for energy
- ☐ The C 13 label is measured in exhaled breath and indicates how much of the amino acid is being metabolized for energy.

Question 12

1 pts

Which is an action promoted by glucagon?

- ☐ Gluconeogenesis, resulting in the uptake of glucose by the liver.
- ☐ The storage of glycogen.
- ☐ The uptake of glucose by muscle.
- ☐ Gluconeogenesis, resulting in the release of glucose into the bloodstream.

Question 13

1 pts

A fetus is stressed in utero. What are the consequences if the fetus experiences an environment that is plentiful in food as an adult?

- ☐ The fetus will undergo genetic mutations, resulting in the ability to conserve energy more efficiently than an unstressed fetus. This will increase the fetus' risk for adult obesity.
- ☐ The fetus will undergo epigenetic changes, that switch off certain genes, resulting in the ability to conserve energy more efficiently than an unstressed fetus. This will increase the fetus' risk for adult obesity.
- ☐ The fetus will undergo DNA methylation, that switches off certain genes, resulting in the ability to expend energy more readily than an unstressed fetus. This will increase the fetus' chances of being a lean adult
- ☐ The fetus will undergo genetic mutations, that switch off certain genes, resulting in the ability to expend energy more readily than an unstressed fetus. This will increase the fetus' chances of being a lean adult.

Question 14

1 pts

"A polyunsaturated fatty acid with 18 carbons and three double bonds, in *cis* configuration, beginning at carbon-3, counting from the methyl end of the molecule." Which fatty acid is being described?

- ☐ EPA
- ☐ Alpha linolenic acid

☐ Linoleic acid

☐ Oleic acid

Question 15

1 pts

Which eating disorder is illustrated by the following statement: "I have got to get to the gym. If I don't work out today my muscles are going to shrink down to nothing."

☐ Bigorexia

☐ Bingeing

☐ Diabulimia

☐ Anorexia nervosa

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