Certified Master Trainer

Practice Quiz 3

Correct Answers are at the bottom.

1. 4 grams of protein contains less calories than 2 grams of fat.
   1. True
   2. False
2. All of the following phosphate containing molecules can bond the form ATP except?
   1. ATP
   2. ADP
   3. AMP
   4. CrP
3. BMI isn’t a good indicator of health risk in athletic populations because \_\_\_\_\_\_\_\_.
   1. All athletes are healthy
   2. BMI increases with added lean muscle weight
   3. BMI isn’t accurate
   4. The BMI scale doesn’t go high enough
4. \_\_\_\_\_\_\_\_\_ is the bone in the upper arm.
   1. Humerus
   2. Biceps
   3. Acromion
   4. Radius
5. \_\_\_\_\_\_\_\_\_ is the bone in the upper leg.
   1. Humerus
   2. Quadriceps
   3. Femur
   4. Tibia
6. \_\_\_\_\_\_\_\_\_ connects bone to bone.
   1. Tendons
   2. Bone tendons
   3. Ligaments
   4. Cartilage
7. \_\_\_\_\_\_\_\_\_ connects muscle to bone.
   1. Tendons
   2. Ligaments
   3. Cartilage
   4. Nerves
8. The 1st adaptation that occurs when a sedentary individual begins a cardio program is \_\_\_\_\_\_\_.
   1. Increase RBC
   2. Decreased RBC
   3. Increased plasma volume
   4. Increased WBC
9. \_\_\_\_\_\_\_\_\_\_\_\_ is pressure exerted against the arterial walls when blood is ejected from the ventricles.
   1. Diastolic
   2. Systolic
   3. Heart pressure
   4. Ejection fraction pressure
10. A nerve is composed of all of the following except?
    1. Axon
    2. Dendrite
    3. Cell body
    4. Red blood cells
11. During fast glycolysis, the end product is converted into \_\_\_\_\_\_\_\_\_\_.
    1. Lactate
    2. AMP
    3. Fatty acids
    4. CrP
12. \_\_\_\_\_\_\_\_ is the acronym used to describe muscle soreness.
    1. DMOS
    2. DOMS
    3. MOMS
    4. PTSD
13. Lactate is used primarily in what metabolic pathway?
    1. Krebs cycle
    2. Glycolysis
    3. ETC
    4. Cori Cycle
14. \_\_\_\_\_\_\_\_\_\_\_ separates the body into right and left halves.
    1. Sagittal plane
    2. Frontal plane
    3. Transverse plane
    4. Midfrontal plane
15. \_\_\_\_\_\_\_\_\_\_ separates the body into upper and lower halves.
    1. Sagittal plane
    2. Frontal plane
    3. Transverse plane
    4. Midtransverse plane
16. Torso rotation occurs in what plane?
    1. Sagittal
    2. Frontal
    3. Transverse
    4. Midsagital
17. \_\_\_\_\_\_\_\_\_ is towards the front.
    1. Anterior
    2. Posterior
    3. Ventral
    4. Both A and C
18. \_\_\_ vertebrae make up the lumbar spine.
    1. 5
    2. 6
    3. 7
    4. 8
19. Which of the follow is a “ball and socket” joint?
    1. Hip
    2. Elbow
    3. Knee
    4. Ankle
20. Gases are exchanged through \_\_\_\_\_\_ in the pulmonary system.
    1. Bronchi
    2. Alveoli
    3. Left ventricle
    4. Blood vessels

Correct Answers:

1. A
2. A
3. B
4. A
5. C
6. C
7. A
8. C
9. B
10. D
11. A
12. B
13. D
14. A
15. C
16. C
17. D
18. A
19. A
20. B