

Student Self-Test Questions**Student Name****CSNA Module Eight Exam****Student ID #**

Choose the correct answer from Module Eight text and selected **SNU Audio Tutorials**

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Answer the following multiple choice test questions and return by email to chi@coryholly.com

1. The popular phrase “an athlete on steroids” typically describes someone using some form of what hormone?

- androstenedione
- growth hormone
- DHEA
- testosterone

SNU Audio Tutorial: The Dope on Doping: Part 1

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2. According to the 2019 WADA Prohibited List (pg 9) Beta-blockers are prohibited both in and out-of-competition for which sport?

- Golf
- Darts
- Archery
- Billiards

3. In the 2015 CCES Substance Classification Booklet in the section titled 'Supplements' the CCES...

- states there is little government regulation on the supplement industry
- does not recommend the use of supplements
- believes the use of most supplements poses an unacceptable risk for athletes
- all of the above

4. Testosterone was first synthesized from cholesterol by...

- Swiss Chemists
- Dutch Chemists
- German Chemists
- American Chemists

5. Muscle dysmorphia is a state or condition that describes someone who is:

- pathologically preoccupied with the appearance of their body as a whole
- concerned that they are not sufficiently large or muscular
- consumed by weightlifting, dieting and associated activities
- all of the above

6. Regarding the use of oral steroids, “first pass” refers to:

- the vernacular used to describe the first time someone buys steroids from a dealer
- the first time someone takes Dianabol
- the route they must take through the liver after being absorbed from the GI tract
- stomach problems and the passing of wind caused by a bad reaction

7. Spermatozoa are manufactured by what cells?

- leydig cells
- follicle cells
- sertoli cells
- ovarian cells

8. Dr. Robert Voy, former chief medical officer of the U.S. IOC, feels the real problem with drug use and steroids in sport is:

- unreliable drug-testing methods
- too much money in sport
- corruption in the IOC
- social attitudes about winning at any cost

9. When cycling on and off steroids, some athletes use recreational drugs to:

- enhance the anabolic effects of testosterone
- treat depression associated with the ‘wash out’ phase
- treat insomnia and anxiety
- none of the above

SNU Audio Tutorial: Recreational Drugs Intro

SNU Volume 6 Number 2 Feb 1, 2007 Download: [Part 1](#)

**10. Due to its effect on performance, strength and speed, what supplement has been called the “natural steroid”?**

- ornithine alpha-ketoglutarate
- creatine monohydrate
- phosphatidylserine
- arginine pyroglutamate

11. Acetyl-L-carnitine (ALC) is excellent for boosting which neurotransmitters in the brain?

- norepinephrine and dopamine
- acetylcholine and dopamine
- dopamine and serotonin
- acetylcholine and gamma amino butyric acid (GABA)

12. A 'T/E' ratio greater than how many parts testosterone to one part epitestosterone constitutes grounds for further investigation and a possible positive test for doping?

- five
- two
- six
- four

13. Which of the following substances is the most lethal in terms of mortality risk and actual number of fatalities caused by its use, either directly or indirectly?

- ecstasy
- tobacco
- cocaine
- cannabis

14. What is the approximate average amount of caffeine consumed daily per capita for all residents worldwide?

- 70mg
- 170mg
- 400mg
- 200mg

15. Alcohol is classified as a:

- narcotic
- stimulant
- depressant
- hallucinogen

SNU Audio Tutorial: Recreational Drugs: Alcohol
SNU Volume 6 Number 5 May 1, 2007 Download: [Part 1](#)



16. What specific dietary supplement should cocaine and tobacco smokers take?

- niacin/niacinamide
- thiamine
- riboflavin
- B-12

SNU Audio Tutorial: Recreational Drugs: Cocaine

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**17. What does it mean when we say that alcohol (like nicotine) is biphasic?**

- it amplifies the effects of other drugs
- it changes personality and behavior
- in small quantities it sedates but in larger quantities it stimulates
- in small quantities it stimulates but in larger quantities it sedates

18. The active component of marijuana (THC) is:

- water-soluble and excreted without being stored
- lipid-soluble and stored in the liver and bodyfat
- lipid-soluble and stored primarily in the brain
- none of the above

19. When cocaine is mixed with alcohol, what substance is formed in the body that increases risk of sudden death?

- alcohol dehydrogenase
- cocaine hydrochloride
- cocaethylene
- formaldehyde

20. What is the best natural source of creatine?

- farm fish
- wild fish
- free-range eggs
- beef sausage

SNU Audio Tutorial: The Big Four: Creatine (Part 1)

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