

Student Self-Test Questions

Student Name

CSNA Module Five Exam

Student ID #

Choose the correct answer from Module Five 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. Who first introduced the modern world to the concept of biochemical individuality?

Dr. Roger Williams

Dr. William Rogers

Dr. Michael Colgan

Dr. Barry Sears

2. Which of the following is not a nightshade vegetable?

tomato

turnip

eggplant

green pepper

3. What is the underlying theme or principle of Sport Type?

character is modified by sport

character is hidden in sport

character is built in sport

character is revealed in sport

4. Ectomorphs should focus on what type of training?

Aerobic

Anaerobic

Endurance

High Volume

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5. Blood Type B is formed by combining the O antigen with:

D-galactosamine

N-acetyl-galactosamine

fucose

anti-B antibodies

6. Which of the following is not a member of the Lectin family?

- galectin
- selectin
- delectin
- collectin

7. Somatotyping is a system of classifying:

- blood composition and immune cell function
- reps, sets and exercise sequence
- biological age and tolerance to stress
- human physical types and body shape

8. The endomorph is:

- small-boned with long arms and a thin neck
- round, corpulent and pear-shaped
- narrow wasted, lean and muscular
- broad-shouldered and slim

9. What time of day does the Neutral-Type operate best?

- in the middle of the day
- at the end of the day
- at the beginning of the day
- none of the above

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10. Uncoupling proteins play a critical role in:

- mitochondrial respiration
- thermoregulatory heat production
- maintenance of basal metabolic rate
- all of the above

11. Which dosha in Ayurvedic medicine is symbolized by the force of fire and water?

- Vata
- Pitta
- Kapha
- A and C

12. Which of the following characteristics best describe a Kapha Type?

- tendency toward light and interrupted sleep
- extreme hunger and quick digestion
- aversion to hot weather
- slow and methodical in activity

13. According to Dr. Abravanel, people who rely on the energy of their dominant gland tend to over eat foods which:

- sedate that gland
- stimulate that gland
- increase the EFA content of that gland
- none of the above

14. The science of ethnology relates to the study of:

- individual morality
- human migration
- people and their lineage
- human genetics

15. Which blood type is known as the universal donor?

- Blood Type AB
- Blood Type A
- Blood Type B
- Blood Type O

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16. The parasympathetic system is concerned with:

- the preservation of energy
- the release of energy
- fight or flight responses
- exercise and sport

17. Obesity is linked to a reduction in:

- autonomic nervous system activity
- sympathetic nervous system activity
- thermogenesis
- both B and C

18. The principle driving force behind chronotype is:

- neurotransmitter release
- our sleep-wake cycle
- growth hormone release
- none of the above

19. What is the oldest system of medicine in world?

- Homeopathy
- Traditional Chinese Medicine
- Ayurveda
- European Herbal Medicine

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20. What is one of the most important principals in natural medicine?

- assume no responsibility for personal health
- emotions have nothing to do with disease
- treat the symptoms ignore the cause
- the principle of individual biochemistry

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