

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

Choose the correct answer from Module Four 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. Most people find the discipline associated with eating well:

- an incredible challenge
- a piece of cake
- easy to apply
- comes naturally

2. Dr. Matthias Rath believes that heart attacks and strokes are:

- caused by genetic factors we cannot control
- diseases caused by taking prescription medication
- symptoms caused by vitamin deficiencies
- none of the above

3. The effects of strenuous exercise lead to a temporary state of acidosis caused mainly from

- a decrease in intracellular potassium
- increased carbon dioxide and the formation of lactic acid
- increased levels of nitrogen and oxygen free radicals
- none of the above

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**4. Natural is defined as:**

- something produced or existing in nature
- not artificial or manufactured
- a state provided by nature without human intervention
- all of the above

5. Which nutrients are known to reduce homocysteine?

- vitamin C and vitamin E
- arginine and ornithine
- B12, folic acid and B6
- B12, folic acid and B3

6. In nutrition essential means:

- absolutely necessary to life
- very important, but not absolutely necessary
- the essence of food
- the effects of taking a certain nutrient are unknown

7. Retinol is sometimes called:

- the “anti-infection” vitamin
- the “anti-scurvy” vitamin
- the “anti-pellagra” vitamin
- the “sunshine” vitamin

8. Which of the following micronutrients is known as the “anti-stress” vitamin?

- vitamin C
- pantothenic acid
- pyridoxine
- cobalamin

9. In sports nutrition circles calcium is known as:

- the anabolic mineral
- the catabolic mineral
- a weight-loss agent
- both a & c

10. Vitamin C, Beta Carotene, Niacin, Chlorophyll & Chaparral, Pancreatic Enzymes and Red Clover collectively represent the CHI Acronym for what disease?

- Crohn’s
- Cardiomyopathy
- Cancer
- Colitis

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11. Which of the following amino acids is not essential?

- phenylalanine
- tyrosine
- isoleucine
- tryptophan

12. What is meant by the Family Bowl?

- food that is served on special occasions only from a wooden bowl
- food that is served in plastic bowls from commercial supermarkets
- food that babies and infants are fed to treat colds and infection
- food that families are raised on that all the siblings are consuming

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**13. The best single time to take creatine is:**

- before exercise
- after exercise
- before going to bed
- first thing in the morning

14. How does one determine the protein percentage of any protein supplement on the shelf?

- divide the serving size in grams into the number of grams of protein then multiply by 100
- divide the number of grams of protein provided per serving into the serving size in grams
- divide the serving size in grams into the number of grams of protein then divide by 100
- divide the serving size in grams into the number of grams of protein then add 100 grams

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**15. In the human body, HMB is synthesized primarily in:**

- the testicles
- muscle & the liver
- the kidney's and spleen
- the liver & heart

16. Ribose is a constituent of:

- riboflavin
- deoxyribonucleic acid
- adenosine triphosphate
- all of the above

17. Euhydration refers to:

- a state of excessive hydration
- a severe state of dehydration
- a normal state of body water content
- none of the above

18. Phosphatidylserine can help hardgainers gain muscle through its influence on which hormone?

- testosterone
- DHEA
- cortisol
- thyroxine

19. One of the highest virtues attainable and a definite Hallmark of Fame in product manufacturing is:

- conformance to GMP
- appropriate labeling
- a good return policy
- a reputation for outstanding quality

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20. Ephedra sinica contains which of the following alkaloids?

- ephedrine
- pseudoephedrine
- norpseudoephedrine
- all of the above