

Student Self-Test Questions

Student Name

CSNA Module One Exam

Student ID #

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

The link addresses for each SNU audio file are [active](#) for direct online access

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

1. What is the CHI Prime Directive?

- Supply Your Micronutrient Demand
- Supply Your Biochemical Demand
- Supply Your Biological Demand
- Supply Your Unique Genetic Demand

2. Skeletal muscle fibers contract when:

- the cross bridges of myosin (thick filaments) connect with the actin on the thin filaments
- actin bonds to the inner membrane of a muscle fiber
- the cross bridges of myosin (thick filaments) disconnect with the actin on the thin filaments
- the H bands of elastic filaments react to the production of ATP produced by satellite cells

3. "Chi" is the Chinese word used to describe:

- the quantum force produced by an electron
- the energy that sustains the heat of the sun
- the natural energy of the universe
- the constant force of electromagnetism

4. For every pound of muscle you add you burn:

- 10-20 more calories at rest per day
- 30-40 more calories at rest per day
- 40-60 more calories at rest per day
- 50-90 more calories at rest per day

SNU Audio Tutorial: Muscle: Anatomy, Composition & Function

SNU Volume 1 Number 11 Nov 1, 2002 Download: [Part 1](#)



5. According to Evans and Rosenburg, the single most important determinant of biological age is:

- muscle mass, followed by strength, basal metabolic rate (BMR) and percentage of body fat
- aerobic capacity, bone density and blood pressure
- basal metabolic rate (BMR) followed by muscle mass, strength and percentage of body fat
- percentage of body fat, followed by muscle mass

6. As a muscular pump, the heart drives about how many liters of blood every minute to the lungs and through the vascular tree of the body?

- 15 liters
- 7 liters
- 5 liters
- 25 liters

7. Which of the following may be the single most important factor in the determination of an individuals overall health and longevity?

- blood pressure
- heart rate variability
- body fat percentage
- serum cholesterol

8. What substance is useful for enhancing the production of ATP inside the cell?

- Chlorophyll
- CoQ10
- Ribose
- Tyrosine

SNU Audio Tutorial: Muscle: Energy for Contraction & Fiber Types
SNU Volume 1 Number 12 Dec 1, 2002 Download: [Part 1](#)



9. Blood maintains a constant temperature of about 38°C (100.4°F) and an alkaline pH between:

- 7.15 and 7.25
- 7.45 and 7.55
- 7.25 and 7.35
- 7.35 and 7.45

10. Eosinophils release what substance(s) to combat the effects of histamine during an allergy episode:

- lysozymes
- histaminase
- corpuscles
- B cells

11. Osteoclasts are found on the surface of bone and are chiefly involved in:

- the destruction of bone matrix
- the construction of new bone mass
- the synthesis of vitamin D
- the release of parathyroid hormone

12. Young children should not lift weights because:

- it will stunt their growth
- they will lose flexibility
- it will encourage the use of steroids
- none of the above

13. Osteoarthritis affects joints that are most susceptible to wear and tear, especially the knees and ankles in the legs of people who are:

- extremely fit
- underweight
- overweight
- over the age of fifty

14. Which of the following is not a rotator cuff muscle?

- supraspinatus
- infraspinatus
- teres major
- subscapularis

15. Hormones are divided into how many separate subgroups:

- six
- four
- three
- two

SNU Audio Tutorial: The Endocrine System
SNU Volume 3 Number 2 Feb 1, 2004 Download: [Part 1](#)



16. Which of the following hormones is not produced by the adrenal glands?

- cortisol
- aldosterone
- norepinephrine
- oxytocin

17. On average, human growth hormone (hGH) production declines by what percent with each passing decade in normal adults after 20 years of age?

- 25%
- 18%
- 10%
- 14%

18. Bone remodeling is best achieved when the fibers of the bone matrix are:

- exposed to the right amount and form of weight-bearing stress
- rested for long periods of time
- reinforced with high doses of calcium and silica
- none of the above

SNU Audio Tutorial: Skeletal System: Part I

SNU Volume 2 Number 6 Jun 1, 2003 Download: [Part 1](#)



19. Insulin promotes anabolic activity and anti-catabolic sequences by:

- stimulating protein synthesis
- decreasing proteolysis
- enhancing nitrogen retention
- all of the above

20. Amenorrheic athletes can have a higher risk of accelerated bone loss or fracture than non-athletes with normal menstrual function even with the advantages of:

- a high protein diet
- weight-bearing exercise
- routine body composition analysis
- elite level coaching

SNU Audio Tutorial: Skeletal System: Part II

SNU Volume 2 Number 7 Jul 1, 2003 Download: [Part 1](#)

