

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

Choose the correct answer from Module Seven 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 only way to overcome a disposition to gain bodyfat, if such a disposition exists, is to:

- understand the principles involved
- exercise 2-3 times a day
- eliminate carbohydrates from the diet
- there isn't any way

2. The average Canadian male, age 30, carries about what percent bodyfat?

- 10-16%
- 18-22%
- 24-30%
- 32-36%

3. The average woman after the age of 32 loses how much muscle mass per year:

- 2 pounds
- 227 grams
- 2 kilograms
- none of the above

4. How often is a body composition analysis recommended?

- once a year
- at least every six months
- once is good enough
- no less than every second week

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5. The best way to lose body fat is:

- through dieting and taking prescription drugs
- as fast as possible
- slowly and continuously
- body fat accumulates with age, so it's not really possible to stay lean over time

6. After eating the thermic effect of food reaches its height in what period of time?

- 2 hours
- 60 minutes
- 6 hours
- 3 hours

7. What would be the only caution or concern for an individual using the Tanita Body Composition machine?

- someone on prescription medicine
- someone with a history of cancer
- someone with has a pacemaker
- someone with a fear of weighing themselves

SNU Audio Tutorial: Tanita Body Composition

SNU Volume 3 Number 6 Jun 1, 2004 Download: [Part 1](#)



8. Which of the following foods are gluten-free:

- wheat & millet
- triticale & barley
- amaranth & rye
- none of the above

9. Which of the following is not an essential fatty acid (EFA)?

- eicosapentanoic acid
- linolenic acid
- arachidonic acid
- both A & C

10. What is the approximate average current daily consumption of fructose in the North American population?

- Over 100 g
- 10-20 g
- 70-80 g
- 30-40 g

11. According to Dr. Neal Barnard, how much time is required to break a food craving cycle provided the person stops eating the food(s) they crave?

- three weeks
- three months
- three days
- none of the above

12. Picolinic acid is a derivative of what essential amino acid?

- threonine
- phenylalanine
- tryptophan
- lysine

13. Coenzyme A is formed from ATP, cysteine and what essential micronutrient?

- molybdenum
- pantothenic acid
- retinol
- niacin

14. Our phenotype regarding fat mass is a function of:

- how active we are
- our dietary history
- what we are currently eating
- all of the above

15. A lack of motivation is a form or type of:

- depression
- both A & C
- mental illness
- brain damage

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16. Proteins can act as important chaperones and chemical messengers, but these properties are destroyed by:

- high temperature
- eating too quickly
- eating protein at the wrong time
- both B & C

17. Up to 25% of your total daily protein intake can be consumed in a shake at what time?

- pre-workout
- post-workout
- before bedtime
- during the workout

18. Based on the Hierarchy of Athletic Supplements pyramid design, co-enzyme Q10 would be categorized as:

- a multiple source antioxidant
- a primary essential micronutrient
- an accessory nutrient
- both A & C

19. Athlete's committed to working out routinely may still fail to lose unwanted body fat because a high percentage of what they eat consists of:

- enzyme deficient lifeless food
- carbohydrates & fats
- mind-altering drugs
- incomplete proteins

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20. When kids are raised on refined carbohydrates it sets them up for:

- trouble in school
- criminal intention
- aggressive behavior
- lifelong addiction

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