

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

Choose the correct answer from Module Six 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](mailto:chi@coryholly.com)

**1. The sport of Weightlifting became a regular Olympic event in what year?**

1904

1940

1920

1900

**2. Training is excellent stress management therapy and provides an intelligent and effective means of compensation for:**

yard work

gardening

competitive sport

inactivity

**3. Every high school graduate should be:**

encouraged not to think for themselves

an expert on their own body

pressured to decide what they want to “be”

completely reliant on conventional medicine

**4. Muscle damage caused from acute resistance exercise with an eccentric overload influences resting metabolic rate for up to:**

12h

24h

72h

36h

**5. If all effort is focused on making the exercise as difficult as possible and provided exercise form is not compromised, the exercise should be:**

seldom applied

never attempted

less productive

more productive

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**6. What type of movement targets large or primary muscles and recruits smaller secondary muscles?**

- eccentric
- concentric
- isolation
- compound

**7. What enzyme is depleted by consuming large quantities of refined table sugar?**

- lactase
- sucrase
- protease
- lipase

**8. Food addiction is just as serious and potentially destructive as:**

- alcoholism
- addiction to smoking
- prescription drug addiction
- all of the above

**9. Coordination, dexterity, motor control and equilibrium may all be summed up as:**

- inherent function
- perfection
- balance
- beauty

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**10. Based on simple observation most people working out in the gym lack what component?**

- sufficient rest between sets
- intensity
- proper workout attire
- none of the above

**11. What term is used to describe a full year of training?**

- microcycle
- mesocycle
- macrocycle
- metacycle

**12. Which of the following does not constitute one of the major powerlifting lifts?**

- squat
- bench press
- deadlift
- snatch

**13. Nitric oxide (NO) serves many important physiological and necessary functions, but at high levels it becomes:**

- less biologically active
- a potent nitrogen free radical
- a potent oxygen free radical
- none of the above

**14. Knee injuries affect about what percent of all serious runners?**

- 10
- 35
- 20
- 25

**15. Self-awareness is power over:**

- prejudice
- knowledge
- ignorance
- money

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**16. What is the minimum number of times per week one should perform cardio exercise to maintain optimum cardiovascular health?**

- 2-3 times
- 3-4 times
- at least five times per week
- none of the above

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**17. Sports injury is often a direct result of structural and muscular imbalance due to inflexibility, disordered eating and:**

- competitive powerlifting
- sleep deprivation
- micronutrient deficiencies
- all of the above

**18. More important than where you train is:**

- what you wear
- if you train
- where you live
- none of the above

**19. Amenorrhea is a medical term that describes:**

- male menopause
- the absence of menstruation
- morning sickness during pregnancy
- diarrhea caused by strenuous exercise

**20. Sarcopenia begins at approximately what age?**

- 55
- 45
- 35
- 25

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