

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

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

**1. Conventional medicine is primarily dedicated to the treatment of disease as opposed to:**

- the prevention of disease
- enhancing athletic performance
- improving recovery from sport & exercise
- all of the above

**2. What does “naturopathy” mean?**

- nature and genetics
- nature and healing
- nature and suffering
- nature and body type

**SNU Audio Tutorial: Stress Management, Hurry Sickness and Naturopathy**  
**SNU Volume 9 Number 5 May 1, 2010 Download: [Part 1](#)**



**3. If someone wants to improve their functional health what is the first step they should take?**

- determine their blood type
- measure their existing state of health
- increase their intake of vitamins
- train harder more frequently

**4. A male with a score of 48 cm on a vertical jump test receives a rating of:**

- average
- above average
- below average
- very good

**5. C-reactive protein is released by the body in response to:**

- a build-up of scar tissue
- acute injury and infection
- adrenal exhaustion
- lactic acid production

6. The ORAC test was developed to measure the buffering capacity of antioxidants in the:

- liver
- heart
- blood
- brain

7. For best results the thyroid temperature home test should be performed at what time of day and for how many days?

- in the morning for 7 consecutive days
- in the morning for 3 consecutive days
- in the evening for 3 consecutive days
- in the evening for 7 consecutive days

**SNU Audio Tutorial: Thyroid Health**

SNU Volume 9 Number 6 Jun 1, 2010 Download: [Part 1](#)



8. What are the four most important words a CSNA can ask?

- What is your name?
- Where do you train?
- Where do you live?
- What do you eat?

9. What diagnostic tool accurately measures essential and toxic minerals in the body?

- hair analysis
- chelation analysis
- dual-energy X-ray absorptiometry
- integrated toxicology analysis

**SNU Audio Tutorial: Dr. Joseph Campbell: Minerals and Health**

SNU Volume 1 Number 9 Sept 1, 2002 Download: [Part 3](#) **Special Guest Interview**



10. A man who can bench press his own bodyweight is given the rating of:

- average
- above average
- excellent
- outstanding

**11. A woman who can perform 25 push-ups in a fitness test designed to assess muscular endurance is given the rating of:**

- good
- very good
- above average
- average

**12. Body composition assessment can detect trends in the loss of active lean tissue including:**

- bone mass
- organ tissue
- muscle mass
- all of the above

**13. Intracellular antioxidant assessment is synonymous to watching the effects of:**

- plant fertilization in soil with an acidic pH
- blood plasma being centrifuged and isolated
- erythrocytes being exposed to nitric oxide
- fertilization to plants and measuring growth

**SNU Audio Tutorial:** Dr. Fred Crawford: Vitamin, Mineral & Antioxidant Testing  
SNU Volume 2 Number 6 Jun 1, 2003 Download: [Part 3](#) **Special Guest Interview**



**14. The Futrex-5000 commercial model is not considered reliable for estimating body fat in which group?**

- pregnant and lactating females
- children and adolescents
- competitive powerlifters & bodybuilders
- all of the above

**15. DEXA computations are based on a model using how many compartments?**

- one
- two
- three
- four

**16. Biological Terrain Assessment measures the pH, oxidation-reduction and resistivity of:**

- blood
- saliva
- urine
- all of the above

**17. Toxic metals can interfere with the production and transfer of:**

- creatine
- energy
- vitamin B12
- none of the above

**18. The switch to a defensive state of hormesis is thought to be managed by:**

- specialized longevity genes
- excessive exposure to light
- long distance running
- growth hormone release

**19. A telomere is a special region of repetitive nucleotide sequences or base pairs at each end of a:**

- polysaccharide chain
- centromere
- nucleus
- chromosome

**20. Postural stress on the spine caused by asymmetrical twist and torque can be relieved by:**

- foot reflexology
- chiropractic treatment
- surgery & bed rest
- stretching & sauna

**SNU Audio Tutorial:** Dr. Michael Horowitz: Principals of Chiropractic Medicine  
SNU Volume 2 Number 12 Dec 1, 2003 Download: [Part 3](#) **Special Guest Interview**

