

Student Self-Test Questions**Student Name****Module Three Exam****Student ID #**

Choose the correct answer from Module Three 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. What key factor is required to achieve our goals once they are defined?

- motivation
- certification
- time & money
- none of the above

2. Hemoglobin contains four atoms of iron, compared to myoglobin's:

- two
- four
- one
- six

3. Less than what percent of Canadians drink optimum amounts of water?

- less than 20%
- less than 2%
- most people drink sufficient amounts of water
- less than 10%

4. Which of the following accurately describes compression hemolysis?

- blood loss and hemorrhaging associated with sports injury
- what happens to the musculoskeletal system as a result of heavy lifting
- when a disc in the lower lumbar region of the spine is crushed or damaged
- when a small percentage of red blood cells are actually crushed through intense muscle contraction.

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5. Chlorophyll is one of the best sources of what vitamin?

- Vitamin K
- Vitamin A
- Vitamin E
- Vitamin D

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6. Special cells called melanocytes produce what substance through the oxidation of tyrosine or tryptophan to protect the body from the sun?

- sebum
- glutathione
- melanin
- glycogen

7. Exercise is:

- strongly promoted in conventional medicine
- a component of physical activity
- the same as physical activity
- an option embraced by the majority of the population

8. According to Dr. William Evans resistance training helps the body:

- eliminate lactic acid
- remain agile and lean
- excrete amino acids
- metabolize protein

9. Weakness, collapsing skin, hair loss and impaired vision suggest the deficiency of what essential micronutrients:

- carotenoids
- vitamins
- minerals
- fatty acids

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10. Insomnia has a corrosive effect on:

- the thyroid gland
- the gall bladder
- the adrenal glands
- the pancreas

11. Brain entrainment is a high-tech alternative to:

- rest and relaxation
- convulsive shock treatment
- traditional meditation
- nutrients that stimulate neurotransmitter release

12. One of the quickest and most practical ways to improve someone's diet is to encourage them to consume:

- more whole grains
- more vitamins and minerals
- a blended high-carbohydrate health shake
- a blended protein health shake

13. Commercial domesticated meats:

- are often high in saturated fat
- provide little or no essential omega-3 fatty acids
- may contain pesticides and/or antibiotic residues or be contaminated with infectious bacteria, parasites, prions, salmonella and E coli
- all of the above

14. What is the real gateway drug?

- tobacco
- cannabis
- alcohol
- sugar

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**15. The key issue with food is:**

- how it is cooked
- how it is stored
- quality and freshness
- compatibility with blood type

16. Ideally, everyone's diet should be:

- taylor-made with health and performance in mind
- the same
- based on the Canada Food Guide
- based on taste and convenience

17. Many insulin-resistant individuals are intolerant to:

- a diet rich in magnesium and potassium
- a high-carbohydrate, grain based diet
- a low-carbohydrate, grain-free diet
- low-fat animal proteins and fresh greens

18. Protein provides what element not present in carbohydrates or fats?

- oxygen
- carbon
- hydrogen
- nitrogen

19. Most pre-mixed liquid meal replacements sold in pharmacies and mainstream supermarkets are:

- loaded with refined sugars
- contain hydrogenated fats
- contain only a small percentage of low-quality protein
- all of the above

20. The ultraconservative government DRI system is designed for those who:

- are well and who demonstrate wellness through fitness and nutrition assessment
- are sick and ill, take medications and are not fit
- get everything from the food they eat
- all of the above

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