

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

Choose the correct answer from Module Two 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. Weight is distinguished from mass in that mass is the amount of matter a substance contains, whereas weight is:

- relative to fat and muscle composition
- the force of gravity acting on mass
- the force of mass acting on gravity
- none of the above

2. The greatest amount of oxygen that a person can consume is called:

- maximal oxygen consumption (VO₂max)
- aerobic capacity
- both a & b
- cardiac output

3. ATP is made of three phosphate groups attached to an adenosine unit consisting of adenine and a five-carbon sugar called:

- galactose
- glucose
- fructose
- ribose

4. The thirst center is located in a region of the brain called the:

- hippocampus
- thalamus
- hypothalamus
- subthalamus

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5. Casimir Funk published his theory of vitamins based upon the correlation between disease and:

- faulty nutrition
- an excess intake of vitamins
- the discovery of the Citric Acid Cycle
- none of the above

6. The ORAC test was developed to measure:

- the amount of glutathione peroxidase present in the blood
- the number of immunoglobulins in the blood
- the quantity of glucose in the blood
- the buffering capacity of antioxidants in the blood

7. When levels of oxygen become too low in body tissue, the production of which substance initially increases?

- singlet oxygen
- superoxide
- hydroxyl radical
- nitric oxide radical

8. Einstein's theory $E=MC^2$ means what?

- energy equals mass plus velocity squared
- energy equals mass times constant squared
- energy equals mass times velocity squared
- energy equals mass times velocity squared twice

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**9. Apoptosis is a highly regulated form of:**

- cell death
- cell communication
- cell repair
- cell division

10. Nitrogen balance refers to the dynamics of total nitrogen consumed versus:

- total nitrogen inhaled
- total nitrogen lost in sweat
- total nitrogen exhaled
- total nitrogen excreted

11. As muscle glycogen is utilized and depleted through athletic activity:

- intracellular potassium levels decrease
- plasma glutamine decreases
- plasma cortisol increases
- all of the above

12. Syndrome X was coined by whom in 1988?

- Dr. Michael Colgan
- Dr. Gerald Reaven
- Dr. Barry Sears
- Dr. David Jenkins

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**13. Oxidation is described as:**

- the removal or loss of electrons
- the addition or acceptance of electrons
- the sharing of electrons
- the addition of oxygen to a reaction

14. Soluble fiber tends to:

- elevate serum lipids
- increase the GI of food
- decrease the GI of food
- speed up the digestion of food

15. When does the 'Window of Opportunity' occur?

- immediately before your first meal
- immediately before competition
- immediately after a hot shower
- immediately after a workout

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16. How can you reduce the glycemic response of a food?

- combine it with millet or mashed white potatoes
- combine it with an essential fat or high quality protein
- chop it up into smaller pieces and cook the food longer than usual
- none of the above

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**17. The vast majority of the body's energy reserve is stored in adipocytes as:**

- phospholipids
- free fatty acids
- glycoproteins
- triglycerides

18. Fatty acids are broken down within the mitochondria through a specific process called:

- beta-oxidation
- electron transport
- cellular respiration
- all of the above

19. Today's North American diet typically contains how much more linoleic acid (omega-6) than linolenic acid (omega-3)?

- 10-20 times
- 20-40 times
- 20-30 times
- 5-10 times

20. What is the CHI Equation for Health?

- $H = (nf)^3$
- $H = (mc)^2$
- $H = (ge)^2$
- $H = (nf)^2$