

SECTION ONE: MULTIPLE CHOICE

Read each question carefully and mark your answer on the answer sheet provided.

1. Number of calories per gram of carbohydrate?
 - a. 7
 - b. 10
 - c. 4
 - d. 22
2. Which sport would carbohydrate loading be best suited for?
 - a. powerlifting
 - b. marathon running
 - c. bowling
 - d. wrestling
3. Pasta, rice, bread, and potatoes are a good source of which macronutrient?
 - a. protein
 - b. water
 - c. carbohydrate
 - d. lipid
4. Which macronutrient is digested the quickest?
 - a. fat
 - b. carbohydrate
 - c. protein
5. Chose the metabolite found in all human tissue, particularly in higher amounts in skeletal muscle and heart muscle, and whose function is involved in the regeneration of ATP.
 - a. inosine
 - b. vitamin A
 - c. gelatin
 - d. betaine
6. Which of the following bodily systems is involved in hormone production?
 - a. digestive system
 - b. endocrine system
 - c. nervous system
7. Which body type is characterized as being a muscular body type?
 - a. endomorphic
 - b. ectomorphic
 - c. mesomorphic
8. Which of the following is a lipid?
 - a. fructose
 - b. amino acids
 - c. eicosapentaenoic acid
 - d. L-valine
9. Which of the following amino acids functions primarily as an inhibitory neurotransmitter in the central nervous system?
 - a. L-aspartic acid
 - b. gamma-aminobutyric acid (GABA)
 - c. L-ornithine

Fitness Multiple Choice Questions

**Pete Magyari, American College of
Sports Medicine (ACSM)**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the text box.

Fitness Multiple Choice Questions:

Sport Examined Questions and Answers Pack Paul Beashel, Andy Sibson, John Taylor, 2004 Contains model questions and answers to provide practice for students with differentiated tests for Foundation and Higher level students Covers all the GCSE and Standard Grade PE and Sport specifications

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Electronic Government Hans Jochen Scholl, J. Ramon Gil-Garcia, Marijn Janssen, Evangelos Kalampokis, Ida Lindgren, Manuel Pedro Rodríguez Bolívar, 2021-08-31 This book constitutes the proceedings of the 20th IFIP WG 8.5 International Conference on Electronic Government EGOV 2021 held in Granada Spain in September 2021 in conjunction with the IFIP WG 8.5 IFIP International Conference on Electronic Participation ePart 2021 and the International Conference for E Democracy and Open Government Conference CeDEM 2021 The 23 full papers presented were carefully reviewed and selected from 63 submissions The papers are clustered under the following topical sections digital transformation digital services and open government open data social and technical perspectives smart cities and data analytics decision making and artificial intelligence Chapters Perceived and Actual Lock in Effects Amongst Swedish Public Sector Organisations when Using a SaaS Solution and Ronda Real time Data Provision Processing and Publication for Open Data are available open access under a Creative Commons Attribution 4.0 International License via link [springer.com](https://www.springer.com)

Gender and Power in Strength Sports Noelle K. Brigden, Katie Rose Hejrtmanek, Melissa M. Forbis, 2023-05-05 This book explores strength sports as a site of political contestation and a platform for insurgent gender practices It contributes to our understanding of key themes in the study of sport such as feminism power the body and identity Drawing together interdisciplinary work spanning political science sociology gender studies and biological and cultural anthropology the book argues that in the face of ongoing embodied precarity strength sports have become a complex form of both resistance to and reproduction of patriarchy This argument also challenges traditional understandings and definitions of strength Covering recreational level participation and elite athletics across experiential individual local national transnational and global scales the book explores diverse topics such as the pregnant

strength athlete the status of trans women in strength sports and the gendered dimensions of online fitness communities during the COVID 19 pandemic In so doing it traces power dynamics and the interplay among multiple oppressions Showcasing important empirical and activist research this book is fascinating reading for anybody with an interest in women s sport women s studies gender studies the sociology of sport strength and conditioning feminist politics or cultural studies

Accessible Health Programs Promoting Physical Activity and Fitness Level Guoxin Ni,Wendy Huang,Youcheng Liu,2023-04-03 CBSE New Pattern Physical Education Class 12 for 2021-22 Exam (MCQs based book for Term 1) Reena Kar,Tushar Shukla,2021-09-10 1 This book deals with CBSE New Pattern Physical Education for Class 12 2 It is divided into 5 chapters as per Term 1 Syllabus 3 Quick Revision Notes covering all the Topics of the chapter 4 Carries all types of Multiple Choice Questions MCQs 5 Detailed Explanation for all types of questions 6 3 practice papers based on entire Term 1 Syllabus with OMR Sheet With the introduction of new exam pattern CBSE has introduced 2 Term Examination Policy where Term 1 deals with MCQ based questions while Term 2 Consists of Subjective Questions Introducing Arihant s CBSE New Pattern Series the first of its kind providing the complete emphasize on Multiple Choice Questions which are designated in TERM 1 of each subject from Class 9th to 12th Serving as a new preparatory guide here s presenting the all new edition of CBSE New Pattern Physical Education for Class 12 Term 1 that is designed to cover all the Term I chapters as per rationalized syllabus in a Complete Assertion Reasoning Based MCQs and Cased MCQs for the overall preparation Detailed Explanations of the selected questions help students to get the pattern and questions as well Lastly 3 Practice Questions are provided for the revision of the concepts TOC Planning in Sports Sports and Nutrition Children and Women in Sports Test and Measurements in Sports Biomechanics and Sports Practice Papers 1 3 **ACSM's Resources for the Personal Trainer** American College of Sports Medicine,2013-03-22 ACSM s Resources for the Personal Trainer provides a broad introduction to the field of personal training covering both basic science topics and practical application It was originally designed to help people prepare for the ACSM Personal Training Certification Exam It continues to serve that function but the market for it has expanded to practitioners in the field looking for an additional resource as well as in an academic setting where the book is a core text for personal training programs Introduction to Exercise Science Stanley P. Brown,2001 The emphasis in this new book is on providing students with a foundation of all areas of Exercise Science It provides a broad description of the field as well as an introduction of some basic science that the field relies upon Career potentials in these fields are also discussed Connection Website connection LWW com go brown *Exercise Prescription* David P. Swain,Brian C. Leutholtz,2007 A case study approach to exercise prescription presenting the information needed to prepare for certification by the ACSM Topics covered include the adoption of VO2 reserve as the basis for writing exercise prescriptions and prescribing exercise to special cases such as pregnant women *Educart CBSE Class 12 Physical Education Question Bank 2025-26 on new Syllabus 2026 (Includes Past Years Solved Questions)* Educart,2025-05-28 **Cambridge Checkpoints**

VCE Physical Education Units 3 and 4 2009 Christine McCallum, 2008-04-15 Cambridge Checkpoints study guides provide the most up to date exam preparation and revision available for VCE students Standards-based Physical Education Curriculum Development Jacalyn Lea Lund, Deborah Tannehill, 2005 Standards Based Physical Education Curriculum Development has been developed around the theme of the National Association of Sport and Physical Education NASPE standards for K 12 physical education This innovative guide has been designed to teach students about the process of writing curriculum in physical education and was written by experts who have had specific experience designing and implementing this thematic curriculum Preparing for the ACSM Health/fitness Instructor Certification Examination Larry David Isaacs, Roberta Pohlman, 1998 CBSE Question Bank Chapterwise and Topicwise SOLVED PAPERS Class 12 Physical Education For Exam 2024-25 Oswaal Editorial Board, 2023-12-28 Description of the product 100% Updated Syllabus Fully Solved Board Papers we have got you covered with the latest and 100% updated curriculum Crisp Revision with Topic wise Revision Notes Smart Mind Maps Extensive Practice with 3000 Questions Board Marking Scheme Answers to give you 3000 chances to become a champ Concept Clarity with 1000 Concepts 50 Concept Videos for you to learn the cool way with videos and mind blowing concepts NEP 2020 Compliance with Competency Based Questions for you to be on the cutting edge of the coolest educational trends Obesity and Weight Management Alexios Batrakoulis, 2025-05-19 Editor Dr Alexios Batrakoulis has brought together 48 of the field's top researchers and practitioners to build this one of a kind resource From assessment to application Obesity and Weight Management The Exercise Professional's Guide to Fitness Programming equips practitioners with the knowledge to safely and effectively address client needs and challenges The text provides fitness professionals with the tools they need to help more clients with overweight and obesity become successful in getting stronger fitter and healthier Tools such as exercise preparticipation interviews health history screenings and a cardiovascular disease risk factor analysis will give readers skills they can immediately implement with clients in the real world Readers will encounter the latest information regarding the epidemiology definition and classification of overweight and obesity preparing them to meet larger bodied clients where they are The text also explains the role of an exercise professional as a valuable member of a multidisciplinary client health care team To help practitioners create engaging plans for clients the book comes with 21 sample workouts and more 15 warm up movements 10 movement prep activities 13 warm up games 87 resistance training exercises 27 balance and coordination exercises 21 cool down movements and stretches At the end of the first 12 chapters readers will find a summary key points several multiple choice recap questions and short case studies to help them engage deeply with the content Twelve longer case studies included in chapter 14 provide readers with the opportunity to think practically and evaluate real life scenarios Readers will have access to online content including a section on translating overweight and obesity research into practice a section on business and marketing strategies and all the references from the text An authoritative resource for exercise professionals Obesity and Weight Management bridges

the gap between research and practice in creating solutions for safe effective and personalized fitness journeys

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