

## 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

**A Loxley**



## **Fitness Multiple Choice Questions:**

This book delves into Fitness Multiple Choice Questions. Fitness Multiple Choice Questions is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Fitness Multiple Choice Questions, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
  - Chapter 1: Introduction to Fitness Multiple Choice Questions
  - Chapter 2: Essential Elements of Fitness Multiple Choice Questions
  - Chapter 3: Fitness Multiple Choice Questions in Everyday Life
  - Chapter 4: Fitness Multiple Choice Questions in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Fitness Multiple Choice Questions. This chapter will explore what Fitness Multiple Choice Questions is, why Fitness Multiple Choice Questions is vital, and how to effectively learn about Fitness Multiple Choice Questions.
3. In chapter 2, this book will delve into the foundational concepts of Fitness Multiple Choice Questions. This chapter will elucidate the essential principles that need to be understood to grasp Fitness Multiple Choice Questions in its entirety.
4. In chapter 3, the author will examine the practical applications of Fitness Multiple Choice Questions in daily life. The third chapter will showcase real-world examples of how Fitness Multiple Choice Questions can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Fitness Multiple Choice Questions in specific contexts. The fourth chapter will explore how Fitness Multiple Choice Questions is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Fitness Multiple Choice Questions. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Fitness Multiple Choice Questions.

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