

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

VM Jensen

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

Fitness Multiple Choice Questions:

Fitness Multiple Choice Questions Book Review: Unveiling the Power of Words

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