SECTION ONE: MULTIPLE CHOICE

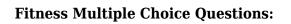
Read each question carefully and mark your answer on the answer sheet provided.

- Number of calories per gram of carbohydrate?
 - a. 7
 - b. 10
 - c. 4
 - d. 22
- Which sport would carbohydrate loading be best suited for?
 - a. powerlifting
 - b. marathon running
 - c. bowling
 - d. wrestling
- Pasta, rice, bread, and potatoes are a good source of which macronutrient?
 - a. protein
 - b. matter
 - c. carbohydrate
 - d. lipid.
- 4. Which macronutrient is digested the quickest?
 - a. far
 - b. carbohydrate
 - c. protein

- 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
- 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-omithine

Fitness Multiple Choice Questions

VM Jensen



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

In a global driven by information and connectivity, the ability of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Fitness Multiple Choice Questions**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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