

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

RC Schank



Fitness Multiple Choice Questions:

Whispering the Techniques of Language: An Mental Quest through **Fitness Multiple Choice Questions**

In a digitally-driven earth wherever screens reign supreme and immediate interaction drowns out the subtleties of language, the profound strategies and mental nuances concealed within phrases often move unheard. Yet, situated within the pages of **Fitness Multiple Choice Questions** a fascinating fictional value pulsing with raw emotions, lies an extraordinary quest waiting to be undertaken. Published by an experienced wordsmith, this charming opus invites visitors on an introspective trip, gently unraveling the veiled truths and profound impact resonating within the material of each and every word. Within the psychological depths of the emotional review, we will embark upon a sincere exploration of the book is primary subjects, dissect its charming publishing model, and yield to the strong resonance it evokes serious within the recesses of readers hearts.

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