

ISSA QUIZ QUESTIONS WITH ALL CORRECT ANSWERS

• CFT Quiz 1 - Unit 1: Metabolism

• Quiz Results

• This quiz was completed on Feb 10, 2018 and you answered 8 out of 8 questions correctly.

• ✓ Question 1

• Q: Muscular, cardiopulmonary, and metabolic adaptations to exercise are known as the training effect.

• True (the correct answer)

• False

• ✓ Question 2

• Q: The body's automatic tendency to maintain a constant internal body environment through various processes is called:

• Body relativity

• Cerebral equilibrium

• Homeostasis (the correct answer)

• Metabolic set point

• None of the above

• ✓ Question 3

• Q: BMR stands for:

• Basic memory retention

• Bad muscle recovery

• Bone myofascial release

• Basal metabolic rate (the correct answer)

• None of the above

• ✓ Question 4

• Q: Anabolism and catabolism occur at the same time throughout the body.

• True (the correct answer)

• False

• ✓ Question 5

• Q: Which of the following statements is/are true?

• A calorie is a unit of heat.

• One Calorie is the energy required to raise 1 gram of water by 1 degree Celsius.

• The preferred unit in metabolic studies and nutrition labels is the kilocalorie (kcal).

• A and B

• A and C (the correct answer)

• ✓ Question 6

• Q: The primary (not the 'initial') fuel during endurance exercise is:

• Liver glycogen

• Fatty acids (the correct answer)

• Muscle glycogen

• Electrolytes

• None of the above

• ✓ Question 7

• Q: The molecule used for storing and transferring energy in the body is called:

• Micronutrients

• Carbohydrates

• Carbon dioxide (CO₂)

• Adenosine triphosphate (ATP) (the correct answer)

• None of the above

• ✓ Question 8

• Q: The ATP/CP pathway is the primary pathway used for activities lasting two minutes or greater.

• True

• False (the correct answer)

Issa Quiz Answers

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