CEC Questions for:
"Nutrition for Performance: Theory and Practice Guidelines for Fitness Professionals"

1. Which of the macronutrients is most likely to be under consumed by athletes?
   a. Fat
   b. Protein
   c. Carbohydrate
   d. All of the above

2. Carbohydrate can improve athletic performance in a number of ways, including which of the following?
   a. Restriction prior to and during athletic events
   b. Exclusion from the basic training diet
   c. "Loading" before an event but restricted otherwise
   d. All of the above
   e. None of the above

3. If an athlete is following an energy restricted diet, what is the general guideline for how much carbohydrate they should consume according to the guidelines outlined in the Joint Position Statement on Nutrition and Athletic Performance?
   a. 1-3 g/kg
   b. 3-5 g/kg
   c. 5-7 g/kg
   d. None of the above

4. What are the risks to an athlete who chooses to "train low" to reduce reliance on carbohydrate during endurance exercise?
   a. Immunosuppression, increased illness
   b. Higher injury risk
   c. Increased perception of effort (PE) during training
   d. All of the above
   e. None of the above

5. How much protein to most athletes require per day based on their body weight?
   a. .8-1.0 g/kg
   b. 1.0-1.8 g/kg
   c. 1.2-2.0 g/kg
   d. None of the above.

6. Fluid recommendations The amount of fluid an athlete should replace after a training or an event is
   a. 1.25-2.5 cups
   b. 125-150% of the amount lost
   c. 1.25 – 1.5 L/kg BW lost
   d. None of the above
   e. B & C only

7. Dietary supplements such as ergogenic aids and sports foods should be considered as a first line of approach when considering sports nutrition for athletes.
   a. True
   b. False

8. Which of the following dietary supplements have strong evidence for enhancing athletic performance?

   a. Nitrate
   b. Beta-alanine
   c. Tart Cherry juice
   d. Caffeine
   e. Only A, B & D
   f. None of the above
   g. All of the above

9. What is/are some ways you can help your clients eat better?
   a. Tell them exactly what and when to eat
   b. Make sure they avoid eating after 6 pm
   c. Listen to what your clients say and how they say it
   d. Encourage them to keep detailed records and calorie count
   e. None of the above
   f. All of the above

10. Which of the following statements are true about carbohydrates?
    a. Most athletes know what foods have carbohydrates in them
    b. Fit, athletic people may need to monitor carbohydrates
    c. Carbohydrates replace depleted muscle glycogen
    d. Most people can define the amount of carbohydrate in a low carb diet
    e. All of the above
    f. None of the above

11. How many days are required to replace muscle glycogen burned after a glycogen depleting workout if only protein and fat are consumed?
    a. 1 day
    b. 2 days
    c. 4 days
    d. 5 days or longer

12. According to a motion analysis of hockey players, those consuming a high carbohydrate diet skated _____ and _____ distance than players consuming a low carbohydrate diet.
    a. Slower and less
    b. Slower and more
    c. Faster and more
    d. Faster and less

13. Which of the following statement is true of exercise and low carbohydrate diets?
    a. Creates needless fatigue
    b. Increases performance in all types of athletes
    c. Limits recovery
    d. A & C only
    e. All of the above
    f. None of the above

14. Athletes experiencing GI issues may be reacting to FODMAPS in their diet. Which of the following is true about FODMAPS?
    a. They are found only in foods containing wheat and dairy
    b. Meat and fat contain high amounts
    c. Lentils, cauliflower and onions have high amounts
    d. All of the Above
    e. None of the above

15. How much protein per pound body weight should an adult athlete who wants to build muscle consume on a daily basis?
    a. .7-1.0 per
    b. .5 - .75 g
    c. .4 g
    d. None of the above

16. Which of the following foods contain the required amount of leucine to trigger muscle protein synthesis (anabolic growth)?
    a. 20 oz. of milk or chocolate milk
    b. 1 cup of cottage cheese
    c. 6 oz. of tuna or chicken breast
    d. 1 scoop of whey protein
    e. All of the above
    f. None of the above