

ISSA Sports Nutrition Exam Questions with Verified Answers.

1. _____ ounces water are stored with 1 ounce of muscle glycogen - **Correct answer 4**
2. "Diet Low in fat might reduce risk of some cancers" - **Correct answer Health Claim**
3. "Free of sodium" required to be - **Correct answer less than 5 milligrams**
4. (T/F) "Non-Essential" nutrients do not need to be included in the diet since they are already made in the body - **Correct answer False**
5. (T/F) A conditioned individual tends to have a faster heartrate than an unconditioned person - **Correct answer False**
6. (T/F) Adequate intake is the highest average daily nutrient intake level that is likely to pose no risk of adverse health effects to almost all individuals in the general population - **Correct answer False**
7. (T/F) All foods consist of water and solids - **Correct answer True**
8. (T/F) As CO₂ levels increase during exercise this contributes to onset of fatigue - **Correct answer True**
9. (T/F) As long as you pay attention to your body's thirst response you will be adequately hydrated - **Correct answer False**
10. (T/F) Body type, body composition, type of program, and activity level are all examples of factors required to determine an individual athletes nutritional needs - **Correct answer True**
11. (T/F) Caffeine increases the use of fatty acids for energy - **Correct answer True**
12. (T/F) Compared to protein and fat, carbs are more quickly released from stomach - **Correct answer True**

Sports Nutrition Exam Paper

DP Hallahan



Sports Nutrition Exam Paper:

Reviewing **Sports Nutrition Exam Paper**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Sports Nutrition Exam Paper**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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