

GC FOSTER COLLEGE OF PHYSICAL EDUCATION

AND SPORT

DECEMBER 2016

SPORTS NUTRITION

Sports Massage

Year 2

Fitness Instruction

TIME: 2 ½ Hours

Name:

ID #:

Instructions: Answer all questions in Section A, B, C and any two in Section D.

SECTION A - 25 marks

Circle the most appropriate answer.

1. A client insists on an unrealistic goal for weight loss. What should you do?
 - a) Accept the client and try to convince them later
 - b) Advise them that the goal is unrealistic and suggest a more realistic goal
 - c) Advise the client to visit a medical practitioner for a medical clearance and then accept their unrealistic goal
 - d) Refuse the client and move on with a client that has a more realistic goal

2. What is the best way to lose weight?
 - a) Dieting only
 - b) Exercising only
 - c) Diet and exercise
 - d) Reducing exercise and diet.

3. Which of the following is NOT a fat-soluble vitamin?
 - a) Vitamin A
 - b) Vitamin C
 - c) Vitamin D
 - d) Vitamin K

4. The consequences of poor nutrition include all the following EXCEPT:
 - a) Muscle growth
 - b) Strength loss
 - c) Joint pain
 - d) Chronic fatigue

5. What categories of foods are classified as macronutrients?
- a) Vitamins, water, minerals
 - b) Fats, vitamins and carbohydrates
 - c) Carbohydrates, protein and fats
 - d) Water, carbohydrates and protein
6. Vitamin B6 is need for the metabolism of:
- a) Fats
 - b) Protein
 - c) Carbohydrates
 - d) Minerals
7. _____ can be included in a pre-event meal.
- a) Pepper
 - b) Milk
 - c) Pasta
 - d) Beans
8. What causes an athlete to run out of energy during a workout?
- a) Protein level
 - b) Carbohydrate level
 - c) Fat level
 - d) All of the above
9. Which one of the following is NOT a major source of protein?
- a) Meat
 - b) Fish
 - c) Nuts
 - d) Grains

10. Which of the following is a form of fatty acids?
- a) Saturated fat
 - b) Monounsaturated fat
 - c) Polyunsaturated fat
 - d) All the above
11. What is the major source of calcium?
- a) Fluoridated water
 - b) Meats
 - c) Dairy products
 - d) Bread
12. How long can a human survive without water?
- a) Three weeks
 - b) Two weeks
 - c) One week
 - d) Three days
13. What nutrient is required for tissue repair?
- a) Vitamins
 - b) Fats
 - c) Proteins
 - d) Minerals
14. A client consults you for the first time, you should?
- a) Start them on a routine right away
 - b) Have them fill out a health questionnaire
 - c) Give the client a rundown of the workout program
 - d) All of the above

15. A client wants to lose 30 pounds in a month, your advice to the client would be:
- a) Reduce calories to 1000 calories per day
 - b) Increase exercise and reduce calories to 1000 per day
 - c) This is an unrealistic and unhealthy goal
 - d) All of the above
16. What are the early signs of dehydration?
- a) Fatigue and lack of energy
 - b) Headache
 - c) Loss of appetite
 - d) All of the above
17. The following athletes would benefit from glycogen loading except for:
- a) Sprinter
 - b) Triathletes
 - c) Body builders
 - d) Divers
18. An athlete's ability to perform optimally in an event is dependent on three factors except:
- a) Athletic endowment
 - b) State of training
 - c) Consuming stimulators
 - d) Proper nutrition
19. An athlete's daily caloric intake of protein should consist of:
- a) 55-65 percent
 - b) 15- 20 percent
 - c) 25- 30 percent
 - d) 30 -40 percent

20. Which food is not a good source of complex carbohydrate?

- a) Rice
- b) Potatoes
- c) Carrots
- d) Fruits

21. Which food is a good source of protein?

- a) Eggs
- b) Bread
- c) Orange
- d) Potato

22. An athlete weighs 250 pounds, what would his Daily recommended calories be?

- a) 3750 calories per day
- b) 3000 calories per day
- c) 2500 calories per day
- d) 1200 calories per day

23. Long distance athletes require which food source in high quantity?

- a) Fats
- b) Carbohydrates
- c) Protein
- d) Vitamins

24. What deficiency may result from lack of calcium?

- a) Anemia
- b) Tooth decay
- c) Osteoporosis
- d) Retardation

25. Liver is a good source of

- a) Iron
- b) Iodine
- c) Potassium
- d) Calcium

SECTION B - 20 marks

Indicate whether the statement is true or false by writing **T or F** beside the statement.

- 26. Fats have the highest energy content per gram
- 27. Water is essential for all energy production in the body
- 28. Fat soluble vitamins are stored in the body
- 29. Nutrients perform two major functions
- 30. Nutrients are categorized in 5 major categories
- 31. A 250 pounds athlete requires 3,750 basic calories daily
- 32. Proper nutrition requires an equal daily intake of protein, carbohydrates, and fat.
- 33. No nutritional benefits is derived from alcohol
- 34. Protein, carbohydrates and fats each contain 4 calories per gram.
- 35. Eating disorders does not deprive the body of essential nutrients.
- 36. Glucose is derived from carbohydrates and stored in the liver and muscle as glycogen
- 37. Water is essential for all energy production in the body
- 38. Increasing physical activity will not increase your caloric requirements.
- 39. The BMR for a 125 pound woman is 1,226 calories per day
- 40. The body requires a large amount of fat daily
- 41. Protein, fats and carbohydrates and vitamins are micronutrients.
- 42. A diet low in fat can limit an athlete's performance
- 43. Athletes' lose lots of sodium through sweat.
- 44. It can be scientifically proven that there are 2 key principles to performing optimally.
- 45. Female Athlete Triad is not a condition cause by poor nutrition.

SECTION C – 25 marks

Answer all questions in this section.

46. a) Define the term “Sports Nutrition” (2 marks)
- b) Explain what is a “balanced diet” (2 marks)
- c) Differentiate between macronutrient and micronutrient (4 marks)
- d) Explain any two eating disorders (4 marks)
47. a) Explain the difference between structured and unstructured physical activity. (4 marks)
- b) List three (3) benefits of engaging in physical activity. (3marks)
48. Describe the term “carbohydrate/glycemic loading” (2 marks)
49. List four functions of water. (4 marks)

SECTION D – 30 marks

Instruction: Answer two (2) questions from this section

50. A client seeks your advice on weight management and needs to know the following:
- a) What can be considered as appropriate concept of weight management? (2 marks)
- b) What three (3) factors can contribute to weight gain? (3 marks)
- c) What is the importance of exercise in a weight control programme (4 marks)
- d) What factors determine how many calories are needed to maintain body weight (6 marks)

- 51.a) Define the term “pre-event meal” (2 marks)
- b) Outline four (4) major purposes of pre-event meals. (4 marks)
- d) What are the effects of poor nutrition on an athlete’s performance? (3 marks)
- e) Design a nutritional plan for a physically active person (6 marks)
52. An athlete needs advice on the inclusion of macronutrients in his diet;
- a) Outline the different types of macronutrients (3 marks)
- b) List the recommended dietary intake of the macronutrients (3 marks)
- c) List three (3) sources of each macronutrient listed in (a) (3 marks)
- d) Describe the functions of the macronutrients listed in (a) (6 marks)

END OF EXAMINATION