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**Medical**

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*Fitness Nutrition Specialist*



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**Question:** 68

What is the most serious and potentially deadly deficiency in the diet?

- A. Water
- B. Sodium
- C. Calcium
- D. Vitamin C

**Answer:** A

The most serious and potentially deadly deficiency in the diet is a deficiency of water. Most nutrient deficiencies take weeks or longer to show signs, but lack of water can only be survived for a very few number of days. There are many smaller scale responses to dehydration that will also significantly impair a client's ability to perform.

**Question:** 69

What chronic condition can initiate the elevation of insulin levels, which converts excess blood sugar to glycoproteins and fatty acids?

- A. Overeating
- B. Fatigue

- C. Hyperglycemia
- D. Hypoglycemia

**Answer:** C

Hyperglycemia, when chronic, can initiate the elevation of insulin levels, which converts excess blood sugar to glycoproteins and fatty acids.

**Question:** 70

Dietary treatment of chronic ulcerative colitis includes all of the following except:

- A. High calorie, high-fat, high-protein diet
- B. Supplementation with calcium, vitamin C, folic acid, and zinc
- C. Supplementation with MCT
- D. Moderate amounts of dietary fiber to stimulate bowel function

**Answer:** A

Dietary treatment of chronic ulcerative colitis does not include a diet high in fat, which may worsen steatorrhea. However, high intakes of protein and calories are recommended to maintain energy balance and to promote healing. Supplementation with calcium, vitamin C, folic acid, and zinc is recommended to replace losses due to diarrhea. Supplementation with MCT (medium chain triglycerides) is useful because it does not require bile for digestion. Moderate amounts of fiber are encouraged to stimulate normal bowel function.

**Question:** 71

What is the recommended level of carbohydrate intake 1-4 hours before exercising?

- A. 1-4.5 g/kg of bodyweight
- B. 4-6.5 g/kg of bodyweight
- C. 8-10 g/kg of bodyweight
- D. More than 10 g/kg of bodyweight

**Answer:** A

The recommended level of carbohydrate intake 1-4 hours before exercising is 1-4.5 grams of carbohydrate per kilogram of bodyweight. Some research has indicated that getting 4.5 g/kg 4 hours before exercise enhanced performance by 15%. Adequate carbohydrate consumption is particularly important for morning workouts, when glycogen stores have been depleted by up to 80% overnight.

**Question: 72**

Why is it important to pay close attention to carbohydrate intake or insulin use during training with diabetic clients?

- A. Diabetics have decreased circulation
- B. Increased hydration may be necessary
- C. To reduce the risk of hypoglycemic incidents
- D. Frequently, there are other medical concerns concurrently that may need attention

**Answer: C**

It is important to pay close attention to carbohydrate intake or insulin use during training with diabetic clients in order to reduce the risk of hypoglycemic incidents. The other factors may be true, but do not have to do with carbohydrate intake.

**Question: 73**

What is the condition of being hydrated at the normal state, which is also used as the baseline for determining adequate hydration throughout a training session?

- A. Subhydration
- B. Dehydration
- C. Superhydration
- D. Euhydration

**Answer: D**

Euhydration is the condition of being hydrated at the normal state, which is also used as the baseline for determining adequate hydration throughout a training

session. It is advisable to begin training sessions only if the client is at or above this state of normal hydration.

**Question:** 74

How many cups of water should the average adult drink per day?

- A. 4-6
- B. 5-9
- C. 6-10
- D. 9-13

**Answer:** D

The average adult should drink about 9-13 cups of water per day. Drinking enough water improves the body's ability to regulate its temperature and enhance its metabolism. Another benefit to drinking water is that increased hydration levels facilitate more efficient distribution of nutrients throughout the body.

**Question:** 75

Which of the following is not a function of protein within the body?

- A. Build and repair tissues and structures
- B. Synthesis of hormones and enzymes
- C. Assists in body temperature reduction
- D. Energy

**Answer:** C

Protein does not assist in body temperature reduction. It does serve the other functions listed. It is a basic necessary dietary component used for different types of synthesis and repair and when calorie or carbohydrate levels are insufficient, it will be used as energy.



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