Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

SKU: 9781266131899-TEST-BANK

Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports

ANSWERS ARE LOCATED IN THE SECOND PART OF THIS DOCUMENT

TRUE/FALSE - Write 'T' if the statement is true and 'F' if the statement is false.

1) A risk factor is a health behavior associated with a particular disease.

1) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.01 List the leading causes of death in the United States and identify those tha
Section : Introduction
Topic : Nutrition and Disease
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > A risk factor is a health behavior associated with...

2) Health-related fitness includes a healthy body weight, cardiovascular-respiratory fitness, adequate muscular strength and muscular endurance, and sufficient flexibility.

2) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.02 Explain the importance of genetics, diet, and physical activity in the deter
Section : Fitness and Exercise
Topic : Sports and Exercise Nutrition
Topic : Energy Balance and Weight Control
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Health-related fitness includes a healthy body wei...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

3) Exercise can be used to help prevent and even treat many chronic diseases.

3) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.02 Explain the importance of genetics, diet, and physical activity in the deter
Section : Exercise and Health Promotion
Topic : Sports and Exercise Nutrition
Topic : Nutrition and Disease
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Exercise can be used to help prevent and even trea...

4) Moderate amounts of daily physical activity will benefit only middle age and older adults.

4) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.02 Explain the importance of genetics, diet, and physical activity in the deter
Section : Fitness and Exercise
Topic : Sports and Exercise Nutrition
Topic : Physical Activity and Exercise
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Moderate amounts of daily physical activity will b...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

5) The American College of Sports Medicine and the American Diabetes Association note that participation in regular physical activity improves blood glucose control and can prevent or delay type 1 diabetes.

5) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.02 Explain the importance of genetics, diet, and physical activity in the deter
Section : Exercise and Health Promotion
Topic : Healthy Diet Guidelines
Topic : Sports and Exercise Nutrition
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > The American College of Sports Medicine and the Am...

6) Adiponectin is the major cytokine produced in muscle cells.

6) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.02 Explain the importance of genetics, diet, and physical activity in the deter
Section : Exercise and Health Promotion
Topic : Sports and Exercise Nutrition
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Adiponectin is the major cytokine produced in musc...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

7) After being sedentary for the past three years, 24-year-old Angelica started working out last year. She started out exercising three days a week for about an hour and has now worked up to exercising daily for at least three hours. Angelica often exercises now a couple of times a day—usually early morning and then after work. Based on physical activity guidelines, exercising too much or at an excessive intensity may actually be detrimental, rather than beneficial, to health.

7) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.02 Explain the importance of genetics, diet, and physical activity in the deter
Section : Physical Activity Guidelines
Topic : Sports and Exercise Nutrition
Topic : Physical Activity and Exercise
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > After being sedentary for the past three years, 24...

8) Although rather rare, exercise may cause sudden death in some susceptible individuals, such as individuals with hypertrophic cardiomyopathy.

8) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.02 Explain the importance of genetics, diet, and physical activity in the deter
Section : Physical Activity Guidelines
Topic : Physical Activity and Exercise
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Although rather rare, exercise may cause sudden de...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

9) A diet lacking calcium and/or vitamin D has been associated with an increased risk for osteoporosis.

9) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.06 Explain the importance of diet choices and proper nutrition in promoting opt
Section : Nutrition and Fitness
Topic : Nutrition Basics
Topic : Nutrition and Disease
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > A diet lacking calcium and/or vitamin D has been a...

10) Sports performance is primarily determined by genetic characteristics and state of training, but nutritional strategies may be used to enhance performance in certain sports.

10) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.06 Explain the importance of diet choices and proper nutrition in promoting opt
Section : Sports-Related Fitness: Exercise and Nutrition
Topic : Sports and Exercise Nutrition
Topic : Nutrition Basics
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Sports performance is primarily determined by gene...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports

11) A key to sound nutrition for the athletic individual is to eat a wide variety of healthful foods.

11) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.06 Explain the importance of diet choices and proper nutrition in promoting opt
Section : Sports-Related Fitness: Exercise and Nutrition
Topic : Healthy Diet Guidelines
Topic : Sports and Exercise Nutrition
Topic : Nutrition Basics
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > A key to sound nutrition for the athletic individu...

12) The use of drugs in sports, such as a weight lifter using anabolic steroids, is known as doping.

12) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.07 Summarize the role of dietary supplements as ergogenic aids to promote sport
Section : Ergogenic Aids and Sports Performance: Beyond Training
Topic : Sports and Exercise Nutrition
Topic : Dietary Supplements
Topic : Ergogenic Aids
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > The use of drugs in sports, such as a weight lifte...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

13) Untrue or misleading claims deliberately or fraudulently made for any nutritional product, may be regarded as misinformation.

13) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.08 Explain nutrition and health misinformation and provide strategies that can
Section : Nutrition and Health Misinformation in Sports
Topic : Sports and Exercise Nutrition
Topic : Nutrition Basics
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Untrue or misleading claims deliberately or fraudu...

14) Epidemiological research helps scientists identify important relationships between diet and health.

14) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.09 Explain what types of research have been used to evaluate the relationship b
Section : Research and Evidence-Based Recommendations
Topic : Sports and Exercise Nutrition
Topic : Nutrition Basics
Topic : Nutrition and Disease
Topic : Scientific Method
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Epidemiological research helps scientists identify...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

15) Epidemiological research is used to establish a cause-and-effect relationship between a specific aspect of diet and sports performance.

15) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.09 Explain what types of research have been used to evaluate the relationship b
Section : Research and Evidence-Based Recommendations
Topic : Nutrition and Disease
Topic : Scientific Method
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Epidemiological research is used to establish a ca...

16) Epidemiological research may provide a relative risk (RR), which represents the increase or decrease in risk that may be associated with specific dietary practices.

16) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.09 Explain what types of research have been used to evaluate the relationship b
Section : Research and Evidence-Based Recommendations
Topic : Nutrition and Disease
Topic : Scientific Method
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Epidemiological research may provide a relative ri...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports

MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

17) According to data from 2015, the leading cause of death in the United States is_____.

17) _____

A) stroke
B) diabetes mellitus
C) cancer
D) heart disease

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.01 List the leading causes of death in the United States and identify those tha
Section : Introduction
Topic : Nutrition and Disease
Topic : Demographic Trends and Statistics
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > According to data from 2015, the leading cause of ...

18) Which of the following leading causes of death in the United States is NOT generally associated with one's diet and physical activity habits?

18) _____

A) Influenza and pneumonia
B) Alzheimer's disease
C) Cancer
D) Heart disease

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.01 List the leading causes of death in the United States and identify those tha
Section : Introduction
Topic : Nutrition and Disease
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Which of the following leading causes of death in ...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

19) A_____ is a lifestyle behavior, such as cigarette smoking or inactivity, that has been associated with a particular disease.

19) _____

A) family history
B) risk factor
C) genome
D) genetic predisposition

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.01 List the leading causes of death in the United States and identify those tha
Section : Introduction
Topic : Nutrition and Disease
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > A _____ is a lifestyle behavior, such as ...

20) Which of the following statements is FALSE?

20) _____

A) The Human Genome Project deciphered the code of about 1,000 different genes in humans, but thousands more still need to be identified.
B) An individual's genetic profile may predispose that person to certain forms of chronic disease, such as cancer and/or heart disease.
C) Epigenetics is the study of the epigenome.
D) Genomics is the study of genetic material in body cells.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.01 List the leading causes of death in the United States and identify those tha
Section : Introduction
Topic : Nutrition and Disease
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Which of the following statements is FALSE?

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports

21) Success in sport is based primarily upon superior athletic ability, which in turn depends mostly on which of these two major factors?

21) _____

A) Mechanical and psychological coaching and training
B) Biomechanical and physiological characteristics
C) Natural genetic endowment and state of training
D) Psychological and physiological genetic characteristics

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.02 Explain the importance of genetics, diet, and physical activity in the deter
Section : Fitness and Exercise
Topic : Sports and Exercise Nutrition
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Success in sport is based primarily upon superior ...

22) Which of the following would be considered a component of health-related fitness?

22) _____

A) Speed
B) Flexibility
C) Skill
D) Power

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.02 Explain the importance of genetics, diet, and physical activity in the deter
Section : Fitness and Exercise
Topic : Sports and Exercise Nutrition
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Which of the following would be considered a compo...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

23) Which of the following is an example of structured physical activity?

23) _____

A) Running to train for a 5K race
B) Taking the stairs at work
C) Gardening
D) Walking with family after dinner

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.03 Describe the components of health-related fitness and identify the potential
Section : Fitness and Exercise
Topic : Sports and Exercise Nutrition
Topic : Physical Activity and Exercise
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Which of the following is an example of structured...

24) According to the principle of_____, taking rest periods between multiple sets during a weight-lifting workout is important to optimizing exercise performance and preventing injury.

24) _____

A) specificity
B) recuperation
C) reversibility
D) progression

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.05 Summarize the seven key principles of exercise training.
Section : Fitness and Exercise
Topic : Sports and Exercise Nutrition
Topic : Physical Activity and Exercise
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > According to the principle of _____, taki...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

25) According to the principle of_____, the health benefits a person achieves from a specific exercise training program varies significantly based on the individual.

25) _____

A) specificity
B) overuse
C) progression
D) individuality

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.05 Summarize the seven key principles of exercise training.
Section : Fitness and Exercise
Topic : Sports and Exercise Nutrition
Topic : Physical Activity and Exercise
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > According to the principle of _____, the ...

26) As she is training for the upcoming New York marathon, Jaelyn started running 3 to 4 miles daily during the week with an 8-mile distance run on the weekend. After 6 months, she is able to run 4 to 5 miles daily during the week with a 20-mile distance run on the weekend. This is an example of which of the following principles?

26) _____

A) Recuperation
B) Specificity
C) Progression
D) Individuality

Question Details
Accessibility : Keyboard Navigation
Bloom's : 3. Apply
Learning Outcome : 01.05 Summarize the seven key principles of exercise training.
Section : Fitness and Exercise
Topic : Sports and Exercise Nutrition
Topic : Physical Activity and Exercise
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > As she is training for the upcoming New York marat...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

27) Which of the following is a health effect associated with regular exercise?

27) _____

A) Poor sleep and increased risk for depression
B) Increased blood pressure
C) Reduced risk of breast and prostate cancer
D) Decreased insulin sensitivity

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.02 Explain the importance of genetics, diet, and physical activity in the deter
Section : Fitness and Exercise
Topic : Sports and Exercise Nutrition
Topic : Nutrition and Disease
Topic : Physical Activity and Exercise
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Which of the following is a health effect associat...

28) Which of the following is generally considered a short-term "cost" of physical inactivity?

28) _____

A) Development of type 2 diabetes mellitus
B) Premature mortality
C) Development of colon cancer
D) Weight gain

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.02 Explain the importance of genetics, diet, and physical activity in the deter
Section : Exercise and Health Promotion
Topic : Sports and Exercise Nutrition
Topic : Physical Activity and Exercise
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Which of the following is generally considered a s...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

29) According to the *2018 Physical Activity Guidelines for Americans*, healthy adults should engage in at least_____ minutes a week of moderate-intensity physical activity or_____ minutes a week of vigorous-intensity physical activity.

29) _____

A) 200; 100
B) 250; 100
C) 120; 60
D) 150; 75

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.02 Explain the importance of genetics, diet, and physical activity in the deter
Section : Physical Activity Guidelines
Topic : Sports and Exercise Nutrition
Topic : Physical Activity and Exercise
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > According to the 2018 Physical Activity Guidelines...

30) Patrick is a healthy 22-year-old adult male. According to the *2018 Physical Activity Guidelines for Americans*, Patrick should participate in muscle-strengthening activities_____.

30) _____

A) daily
B) at least 120 minutes per week
C) at least two days a week
D) at least five days per week

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.02 Explain the importance of genetics, diet, and physical activity in the deter
Section : Physical Activity Guidelines
Topic : Sports and Exercise Nutrition
Topic : Physical Activity and Exercise
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Patrick is a healthy 22-year-old adult male. Accor...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

31) Which of the following activities in generally considered vigorous-intensity?

31) _____

A) Playing doubles tennis
B) Bicycling at a rate of 15 mph
C) Taking a pilates class
D) Jogging at a rate of 3.5 mph

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.02 Explain the importance of genetics, diet, and physical activity in the deter
Section : Physical Activity Guidelines
Topic : Sports and Exercise Nutrition
Topic : Physical Activity and Exercise
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Which of the following activities in generally con...

32) According to the Centers for Disease Control and Prevention (CDC), approximately 1 in_____ American adults meet the minimum physical activity recommendations.

32) _____

A) 6
B) 3
C) 4
D) 5

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.02 Explain the importance of genetics, diet, and physical activity in the deter
Section : Physical Activity Guidelines
Topic : Physical Activity and Exercise
Topic : Trends and Statistics
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > According to the Centers for Disease Control and P...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports

33) Which type of fitness tracker typically tracks steps and the amount and type of physical activity and can be synced to devices?

33) _____

A) Accelerometer
B) Fitness band
C) Pedometer
D) Heart rate monitor

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.02 Explain the importance of genetics, diet, and physical activity in the deter
Learning Outcome : 01.04 Compare and contrast sports-related fitness and health-related fitness.
Section : Physical Activity Guidelines
Topic : Sports and Exercise Nutrition
Topic : Physical Activity and Exercise
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Which type of fitness tracker typically tracks ste...

34) Engaging in regular physical activity is often associated with beneficial effects on health and prevention of chronic disease. However, athletes training for and participating in various activities may be at an increased risk for which of the following health problems?

34) _____

A) Mild traumatic brain injury
B) Coronary artery disease
C) Diabetes mellitus
D) Hypertension

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.03 Describe the components of health-related fitness and identify the potential
Section : Physical Activity Guidelines
Topic : Sports and Exercise Nutrition
Topic : Physical Activity and Exercise
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Engaging in regular physical activity is often ass...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

35) Essential nutrients include all of the following except_____.

35) _____

A) proteins
B) water
C) phytonutrients
D) carbohydrates

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.06 Explain the importance of diet choices and proper nutrition in promoting opt
Section : Nutrition and Fitness
Topic : Nutrition Basics
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Essential nutrients include all of the following e...

36) The nutrients that are primarily responsible for helping to regulate bodily processes are_____.

36) _____

A) carbohydrates and fat
B) vitamins, minerals, and protein
C) carbohydrate, fat, and minerals
D) fat, protein, and carbohydrates

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.06 Explain the importance of diet choices and proper nutrition in promoting opt
Section : Nutrition and Fitness
Topic : Nutrition Basics
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > The nutrients that are primarily responsible for h...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports

37) All of the following factors have been associated with an increased risk for heart disease except_____.

37) _____

A) eating too much saturated fat
B) being overweight or obese
C) eating too much cholesterol
D) eating more dietary fiber

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.06 Explain the importance of diet choices and proper nutrition in promoting opt
Section : Nutrition and Fitness
Topic : Healthy Diet Guidelines
Topic : Sports and Exercise Nutrition
Topic : Nutrition Basics
Topic : Energy Balance and Weight Control
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > All of the following factors have been associated ...

38) Which of the following is NOT one of the overarching guidelines from the *2020–2025 Dietary Guidelines for Americans*?

38) _____

A) Follow a healthy dietary pattern at every life stage.
B) Consume only plant-based foods.
C) Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.
D) Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.06 Explain the importance of diet choices and proper nutrition in promoting opt
Section : Nutrition and Fitness
Topic : Healthy Diet Guidelines
Topic : Nutrition Basics
Topic : Nutrition and Disease
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Which of the following is NOT one of the overarchi...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

39) According to the MyPlate recommendations, all of the following are food group categories except_____.

39) _____

A) grains food group
B) meat, poultry, and egg food group
C) dairy food group
D) vegetable food group

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.06 Explain the importance of diet choices and proper nutrition in promoting opt
Section : Nutrition and Fitness
Topic : Healthy Diet Guidelines
Topic : Nutrition Basics
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > According to the MyPlate recommendations, all of t...

40) According to the Prudent Healthy Diet, you should_____.

40) _____

A) obtain much of your daily protein from animal sources
B) not be concerned about food additives
C) balance the food you eat with physical activity
D) reduce the amount of fluoride you consume

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.06 Explain the importance of diet choices and proper nutrition in promoting opt
Section : Nutrition and Fitness
Topic : Healthy Diet Guidelines
Topic : Nutrition Basics
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > According to the Prudent Healthy Diet, you should ...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports

41) Which of the following modifiable risk factors associated with coronary artery disease are classified as major risk factors?

41) _____

A) Smoking and sedentary lifestyle
B) Gender and stressful lifestyle
C) Gender and age
D) Dietary intake and race

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.02 Explain the importance of genetics, diet, and physical activity in the deter
Section : Nutrition and Fitness
Topic : Nutrition and Disease
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Which of the following modifiable risk factors ass...

42) All of the following are key objectives of sports nutrition for athletes except_____.

42) _____

A) promoting optimal performance during competition
B) promoting quick recover after each training session
C) promoting good health
D) promoting rapid weight gain

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.06 Explain the importance of diet choices and proper nutrition in promoting opt
Section : Sports-Related Fitness: Exercise and Nutrition
Topic : Sports and Exercise Nutrition
Topic : Nutrition Basics
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > All of the following are key objectives of sports ...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

43) Which of the following factors does NOT support the concept that sports nutrition is becoming increasingly important for optimal athletic performance?

43) _____

A) A dietetics practice group and other professional organizations were created to address concerns related to sports nutrition.
B) The published literature about nutrition for sports is limited to information from sports magazines and books.
C) National and international food product corporations are manufacturing food products specifically for the athlete.
D) Courses in sports nutrition have been developed at many colleges.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 3. Apply
Learning Outcome : 01.06 Explain the importance of diet choices and proper nutrition in promoting opt
Section : Sports-Related Fitness: Exercise and Nutrition
Topic : Sports and Exercise Nutrition
Topic : Nutrition Basics
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Which of the following factors does NOT support th...

44) Which of the following groups of athletes may be susceptible to a nutrient deficiency due to inadequate or sporadic caloric intake?

44) _____

A) Gymnasts and ballet dancers
B) Endurance athletes attempting to improve efficiency through weight loss
C) Wrestlers attempting to make a low weight class
D) Bodybuilders trying to attain a low body fat percentage
E) All of these groups may be susceptible to a nutrient deficiency

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.06 Explain the importance of diet choices and proper nutrition in promoting opt
Section : Sports-Related Fitness: Exercise and Nutrition
Topic : Sports and Exercise Nutrition
Topic : Nutrition Basics
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Which of the following groups of athletes may be s...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

45) Malnutrition may exist_____.

45) _____

A) when an individual does not receive an adequate intake of nutrients
B) when an individual consumes excessive amounts of single or multiple nutrients
C) to such an extent that insufficient energy may impair athletic performance
D) All of these choices are correct.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.06 Explain the importance of diet choices and proper nutrition in promoting opt
Section : Sports-Related Fitness: Exercise and Nutrition
Topic : Sports and Exercise Nutrition
Topic : Nutrition Basics
Topic : Nutrition and Disease
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Malnutrition may exist _____.

46) Sports nutrition involves eating strategies to_____.

46) _____

A) promote good health
B) promote adaptations to training and recover quickly after each training session
C) promote adaptations to training
D) promote good health, promote adaptations to training, recover quickly after each training session, and perform optimally during competition
E) recover quicky after each training session
F) perform optimally during competition

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.06 Explain the importance of diet choices and proper nutrition in promoting opt
Section : Sports-Related Fitness: Exercise and Nutrition
Topic : Sports and Exercise Nutrition
Topic : Nutrition Basics
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Sports nutrition involves eating strategies to ___...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

47) A healthy diet can impact exercise or sports performance in many ways. All of the following are specific benefits of a healthy diet on physical performance except_____.

47) _____

A) enhanced energy-producing metabolic pathways
B) enhanced mental functioning
C) decreased muscle tissue growth
D) prevention of muscle tissue damage

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.06 Explain the importance of diet choices and proper nutrition in promoting opt
Section : Sports-Related Fitness: Exercise and Nutrition
Topic : Sports and Exercise Nutrition
Topic : Nutrition Basics
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > A healthy diet can impact exercise or sports perfo...

48) Sarah is an elite gymnast who now competes on the gymnastics team at her college. As a young female athlete, she is most likely to experience a deficiency of which of the following nutrients?

48) _____

A) Iron and calcium
B) Calcium and vitamin B6
C) Zinc and vitamin A
D) Vitamin D and vitamin C

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.06 Explain the importance of diet choices and proper nutrition in promoting opt
Section : Sports-Related Fitness: Exercise and Nutrition
Topic : Sports and Exercise Nutrition
Topic : Nutrition Basics
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Sarah is an elite gymnast who now competes on the ...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

49) Which of the following is true of ergogenic aids?

49) _____

A) They may only be classified as mechanical or nutritional.
B) There are a number of theoretical nutritional aids, but they are limited to the vitamin and mineral supplements.
C) Supplementation is necessary for most athletes to improve their performance.
D) All essential nutrients are considered to be legal for use in conjunction with athletic competition.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.07 Summarize the role of dietary supplements as ergogenic aids to promote sport
Section : Ergogenic Aids and Sports Performance: Beyond Training
Topic : Sports and Exercise Nutrition
Topic : Dietary Supplements
Topic : Ergogenic Aids
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Which of the following is true of ergogenic aids?

50) An ergogenic aid is something that is_____.

50) _____

A) a legal term used by the FDA to designate nutritional supplements that may enhance health status
B) designed to increase potential for work output, such as in sport
C) a device used to facilitate the measurement of energy in a food
D) used to restore nutrients removed in processing
E) added to a food to increase its nutrient value

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.07 Summarize the role of dietary supplements as ergogenic aids to promote sport
Section : Ergogenic Aids and Sports Performance: Beyond Training
Topic : Sports and Exercise Nutrition
Topic : Dietary Supplements
Topic : Ergogenic Aids
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > An ergogenic aid is something that is _____bla...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports

51) The most prevalent ergogenic aids used to increase sport performance are those classified as_____.

51) _____

A) physiological
B) pharmacological
C) mechanical
D) nutritional

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.07 Summarize the role of dietary supplements as ergogenic aids to promote sport
Section : Ergogenic Aids and Sports Performance: Beyond Training
Topic : Sports and Exercise Nutrition
Topic : Dietary Supplements
Topic : Ergogenic Aids
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > The most prevalent ergogenic aids used to increase...

52) The use of hypnosis to improve exercise performance is an example of a_____ ergogenic aid.

52) _____

A) pharmacological
B) psychological
C) physiological
D) mechanical

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.07 Summarize the role of dietary supplements as ergogenic aids to promote sport
Section : Ergogenic Aids and Sports Performance: Beyond Training
Topic : Sports and Exercise Nutrition
Topic : Ergogenic Aids
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > The use of hypnosis to improve exercise performanc...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

53) Dietary supplements may contain_____.

53) _____

A) essential vitamins and minerals
B) herbal products such as gingko
C) various amino acids
D) All of these choices are correct.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.07 Summarize the role of dietary supplements as ergogenic aids to promote sport
Section : Ergogenic Aids and Sports Performance: Beyond Training
Topic : Sports and Exercise Nutrition
Topic : Dietary Supplements
Topic : Ergogenic Aids
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Dietary supplements may contain _____.

54) Chromium and boron supplements would be an example of which major classification of nutritional supplement?

54) _____

A) Mineral
B) Vitamin
C) Carbohydrate
D) Protein

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.07 Summarize the role of dietary supplements as ergogenic aids to promote sport
Section : Ergogenic Aids and Sports Performance: Beyond Training
Topic : Sports and Exercise Nutrition
Topic : Nutrition Basics
Topic : Dietary Supplements
Topic : Ergogenic Aids
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Chromium and boron supplements would be an example...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

55) According to the National Collegiate Athletic Association (NCAA) classification system of dietary supplements, a high-protein supplement is classified as_____.

55) _____

A) impermissible
B) banned
C) permissible
D) recommended

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.07 Summarize the role of dietary supplements as ergogenic aids to promote sport
Section : Ergogenic Aids and Sports Performance: Beyond Training
Topic : Sports and Exercise Nutrition
Topic : Nutrition Basics
Topic : Dietary Supplements
Topic : Ergogenic Aids
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > According to the National Collegiate Athletic Asso...

56) Which of the following statements is FALSE?

56) _____

A) Coaches may suggest to their athletes that certain food supplements are essential to success.
B) It has been estimated that 5 billion dollars a year are spent on questionable health practices in the United States.
C) Many questionable products are advertised by currently popular personalities and are expensive when compared to equivalent nutrients obtained from ordinary food.
D) Claims posted on dietary supplement labels have not been through the rigorous approval process required of food products.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.08 Explain nutrition and health misinformation and provide strategies that can
Section : Nutrition and Health Misinformation in Sports
Topic : Sports and Exercise Nutrition
Topic : Nutrition Basics
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Which of the following statements is FALSE?

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

57) Which of the following are characteristics of nutritional supplement advertisements based on nutrition misinformation?

57) _____

A) Products that contain "secret" ingredients
B) Products endorsed by popular professional athletes
C) Products that cite beneficial results from one single study
D) Products advertised predominately in "health" and "fitness" magazines/websites
E) All of the choices are correct.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.08 Explain nutrition and health misinformation and provide strategies that can
Section : Nutrition and Health Misinformation in Sports
Topic : Sports and Exercise Nutrition
Topic : Nutrition Basics
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Which of the following are characteristics of nutr...

58) A professional with the CSSD (Board Certified Specialist in Sports Dietetics) credential_____.

58) _____

A) must be a medical doctor with at least five years of advanced training in nutrition
B) is a registered dietitian nutritionist (RD or RDN) with advanced training in sports nutrition
C) graduated with a bachelor's degree in public health or health promotion
D) may have only taken an online course in "sports nutrition" and might not be a reputable source of information

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.08 Explain nutrition and health misinformation and provide strategies that can
Section : Nutrition and Health Misinformation in Sports
Topic : Sports and Exercise Nutrition
Topic : Nutrition Basics
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > A professional with the CSSD (Board Certified Spec...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

59) Which of the following is true of experimental research?

59) _____

A) It is essential to establishing a cause-and-effect relationship.
B) It is an easy task to control risk factors in free-living humans.
C) The results of a single study are sufficient to prove a theory.
D) It involves studying large populations to find relationships between two or more variables.

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.09 Explain what types of research have been used to evaluate the relationship b
Section : Research and Evidence-Based Recommendations
Topic : Scientific Method
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Which of the following is true of experimental res...

60) Sound nutrition research involving exercise performance is best performed using placebo-controls, cross-over designs, and double-blinded strategies when evaluating nutritional ergogenic aids. In which of the following publications would you be LEAST likely to find such a study?

60) _____

A) Journal of Applied Physiology
B) Medicine and Science in Sports and Exercise
C) Journal of the Academy of Nutrition and Dietetics
D) International Journal of Sport Nutrition and Exercise Metabolism
E) Runner's World

Question Details
Accessibility : Keyboard Navigation
Bloom's : 2. Understand
Learning Outcome : 01.09 Explain what types of research have been used to evaluate the relationship b
Section : Research and Evidence-Based Recommendations
Topic : Nutrition Basics
Topic : Scientific Method
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Sound nutrition research involving exercise perfor...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports

61) Epidemiologists conducting a study in a rural village in Italy have calculated a relative risk of 0.5 for developing heart disease by consuming olive daily. This indicates_____.

61) _____

A) 50% of the population in this village has diabetes and osteoporosis
B) olive oil consumption increases heart disease risk by 50%
C) half of the population in this village suffers from heart diseases
D) olive oil consumption may cut heart disease risk by half

Question Details
Accessibility : Keyboard Navigation
Bloom's : 3. Apply
Learning Outcome : 01.09 Explain what types of research have been used to evaluate the relationship b
Section : Research and Evidence-Based Recommendations
Topic : Sports and Exercise Nutrition
Topic : Nutrition and Disease
Topic : Scientific Method
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > Epidemiologists conducting a study in a rural vill...

62) A_____ is a group of research participants who have the same general characteristics.

62) _____

A) cohort
B) placebo
C) randomized clinical trial
D) risk group

Question Details
Accessibility : Keyboard Navigation
Bloom's : 1. Remember
Learning Outcome : 01.09 Explain what types of research have been used to evaluate the relationship b
Section : Research and Evidence-Based Recommendations
Topic : Sports and Exercise Nutrition
Topic : Nutrition Basics
Topic : Nutrition and Disease
Topic : Scientific Method
Source : Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports Performance > A _____ is a group of research participan...

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports

Answer Key

Test name: Chapter 01 Test Bank: Introduction to Nutrition for Health, Fitness, and Sports

1) TRUE
2) TRUE
3) TRUE
4) FALSE
5) FALSE
6) FALSE
7) TRUE
8) TRUE
9) TRUE
10) TRUE
11) TRUE
12) TRUE
13) TRUE
14) TRUE
15) FALSE
16) TRUE
17) D
18) A
19) B
20) A
21) C
22) B
23) A
24) B
25) D
26) C
27) C
28) D
29) D
30) C
31) B
32) D
33) B
34) A
35) C

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank

36) B
37) D
38) B
39) B
40) C
41) A
42) D
43) B
44) E
45) D
46) D
47) C
48) A
49) D
50) B
51) D
52) B
53) D
54) A
55) A
56) B
57) E
58) B
59) A
60) E
61) D
62) A

Williams Nutrition for Health Fitness and Sport 13th edition Rawson Test Bank