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1. Measuring body composition via DEXA while an individual is in an underhydrated state may lead to an underestimation of which of these?

a. bone mass

b. fat mass

*c. lean mass

d. body fat percentage

2. Two body composition analysis techniques, _____ and _____, estimate body density by measuring the displacement of air and water, respectively.

*a. BodPod; underwater weighing

b. BodyPod; bioelectrical impedance

c. DEXA; skinfold calipers

d. DEXA; underwater weighing

3. A _____ compares a person's typical dietary intake with research-based recommendations based on the person's sport and training level as well as the Dietary Reference Intake (DRIs).

a. food frequency questionnaire

b. 24-hour dietary recall

c. food-tracking app

*d. diet analysis

4. Laboratory measures of body composition are typically more accurate and more _____ than field methods.

a. affordable

*b. costly

c. time-efficient

d. widely available

5. Commonly used field measures of body composition include skinfold calipers and _____.

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a. DEXA

b. BodPod

*c. bioelectrical impedance

d. underwater weighing

6. The BodPod breaks the body into _____ compartments.

*a. two

b. three

c. four

d. five

7. In addition to underhydration, depletion of _____ can also lead to artificially high body fat readings when using certain techniques.

a. electrolytes

b. red blood cells

c. bone minerals

*d. glycogen

8. Which of these techniques assess body composition by measuring the actual thickness of the fat layer at various sites of the body?

*a. skinfolds and ultrasound

b. DEXA and BodPod

c. DEXA and underwater weighing

d. bioelectrical impedance and BodPod

9. Which of these is a potential drawback of the bioelectrical impedance technique of measuring body composition?

a. It is invasive.

b. It requires substantial training to administer.

*c. It cannot accurately measure short-term changes in body composition.

d. It is costly.

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10. Body mass index (BMI) should be used to assess whether an individual is obese.

a. True
*b. False

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