**Tests for students**

**Questions**

1. 90% of nutrients from digested foodstuffs are absorbed in the ...
2. Mouth
3. Stomach
4. Small intestines
5. Large intestines
6. Chemical digestion refers of the use of ... to breakdown food material
7. Enzymes
8. Oxygen
9. Carbon dioxide
10. Chewing
11. The process in which foods you eat are broken down and absorbed, while indigestible or unwanted material is eliminated as waste is called, ...
12. Respiration
13. Metabolism
14. Digestion
15. Circulation
16. Which of following macronutrient distributions is consistent with the Acceptable Macronutrient Distribution Ranges (AMDR) set by the Food and Nutrition board
17. 40% of daily calories as protein, 40% of daily calories as carbohydrates, 20% of daily calories as fat
18. 30% of daily calories as protein, 35% of daily calories as carbohydrates, 35% of daily calories as fat
19. 10% of daily calories as protein, 65% of daily calories as carbohydrates, 25% of daily calories as fat
20. 15% of daily calories as protein, 45% of daily calories as carbohydrates, 40% of daily calories as fat
21. Omega-3 fatty acids are type of lipid that,
22. Increases total cholesterol levels
23. Regulated various biochemical reactions
24. Increases blood pressure
25. Reduces blood clotting
26. A by-product of hydrogenation is\are
27. Monounsaturated fats
28. Trans fatty acids
29. Cholesterol
30. Triglycerides
31. Fibers ia an example of
32. A simple carbohydrate
33. A complex carbohydrate
34. A protein
35. A lipid
36. If package of spaghetti noodles list that it contains functional fiber this means that
37. It contains the natural fiber that is found in the grain used to make the spaghetti noodles
38. Fiber has been hydrogenated
39. Fiber has been isolated from natural sourse ans added to the spaghetti noodles
40. The fiber has been removed and replaced with an artificial substance similar to fiber
41. Leading sources of saturated fats in the American diet include all of the following EXCEPT
42. Red meats
43. Peeled fruit
44. Hot dogs
45. Pork chops
46. High-density lipoproteins (HDLs)
47. Are bad cholesterol because they shuttle unused cholesterol back to the liver for recycling
48. Are bad cholesterol because they deposit the cholesterol they are carrying in blood vessels
49. Are good cholesterol because they pick up cholesterol from places in the body where it can cause damage
50. Have nothing to do with transporting cholesterol around the body
51. Which of the following are richest in complex carbohydrates
52. Grains and legumes
53. Fruits, milk, cheese
54. Milk and vegetables
55. Fruits and honey
56. Fiber
57. Can help prevent constipation by increasing fecal bulk
58. Is readily broken down by the body
59. Is found in high amount in all animal products
60. Is not a recommended for ones diet
61. Which of the following statements is TRUE regarding vitamins
62. Vitamins are required by the body in large amounts
63. The human body does not manufacture most vitamins
64. Vitamins provide direct energy to the bode
65. Vitamins are best taken in the form of vitamin supplements
66. Foods with a high glycemic index,
67. Are foods such as whole grains and vegetables
68. Are mainly fruits
69. Cause a sharp rise in cortisol
70. Cause a sharp rise in glucose and insulin
71. To control your blood cholesterol levels, the most important action you can take is to limit the amount of .... in your diet
72. Polyunsaturated fat
73. Saturated and trans fats
74. Monounsaturated fat
75. Omega-3 fat
76. The extent to which the body can respond or adapt to the demands and stress of physical effort is called,
77. Physical fitness
78. Physical activity
79. Peak workload
80. Anaerobic capacity
81. All of the following are health-related components of physical fitness EXEPT
82. Cardiorespiratory endurance
83. Flexibility
84. Coordination
85. Muscular strenght
86. Which one of the following is an example of physical fitness
87. Exercising for thirty minutes while at home
88. Lifting a 10kg weight 10 times for 3 repetitions
89. Building muscle tissue in response to a weight training program
90. Swimming 280 meters in 20 minutes
91. To gain maximum cardiorespiratory endurance benefits which of the following should one consider
92. How quickly the body temperature rises
93. The amount of sweat being produced in a minute
94. Maximal oxygen consumption (VO2)
95. The amount of tension generated in the large muscle groups
96. The ability of your lungs to extract oxygen from the environment and for your heart to pump this oxygenated blood around the body illustrates ....
97. Cardiorespiratory endurance
98. Muscular endurance
99. Muscular strength
100. Flexibility
101. Stretching exercises should ideally be performed
102. With a swinging, bouncing motion
103. To the point of intense pain
104. 5 to 7 days a week
105. Within a 5-minute time period
106. When the body adjusts to lower levels of physical activity in the same way it adjust to higher level this is called ...
107. Reversibility
108. Overload
109. Duration
110. Flexibility
111. Stored fat most dangerous in terms of an increased risk of developing cardiovascular disease when it is stored in the ...
112. Hips
113. Subcutaneous layer
114. Abdomen
115. Hypodermis
116. Visceral fat is
117. Stored fat in the abdomen
118. Mainly composed of cholesterol
119. Fat that is just below the skin
120. Located around the heart and lungs
121. A hormone thought to be linked to obesity is
122. Leptin
123. Adrenalin
124. Epinephrine
125. Norepinephrine
126. Characteristics of the condition called the “female athlete triad” are
127. Muscle pain, osteporosis, obesity
128. Osteporosis, amenorrhea, low self-esteem
129. Osteporosis, amenorrhea, abnormal eating patterns
130. Binge eating, low self-esteem, excessive physical activity
131. Which of the following are health risl taht are NOT associated with obesity
132. Type 2 diabetes
133. Trauma
134. Hypertension
135. Impaired immune function
136. Compulsive behaviors, excessive exercise and a failure to eat enough food to maintain a reasonable body weight are all characteristics of ...
137. Binge eating
138. Body dysmorphic disorder
139. Voluntary starvation
140. Anorexia nervosa
141. An eating disorder characterized primarily by alternating binge eating and self-induced purging is ...
142. Anorexia nervosa
143. Bulimia nervosa
144. Binge eating
145. Body dysmorphic disorder
146. To calculate body mass index (BMI) one must
147. Consider their height and gender
148. Consider their height and weight
149. Consider skinfold measurements and height
150. Consider their age and their height
151. A person with the least risk of developing cardiovascular disease based on their body mass index (BMI) is
152. A person with a BMI between 30 and 40
153. A person with a BMI between 18,6 and 24,9
154. A person with a BMI between 25 and 30
155. A person with a BMI greater than 40
156. A person with a BMI of ... is considered overweight.
157. 18,5
158. 23,5
159. 26
160. 31
161. If Mary is at healthy weight, where she doesn’t want to loose or gain any weight over time, she needs to make sure that
162. She maintains a positive energy balance
163. She maintains a negative energy balance
164. Her caloric intake and caloric expenditure are equal
165. She is burning more energy than she is taking in
166. The basis for the electrical impedance method of determining percent body fat is based on
167. The fact that electricity prefers fat tissue over lean tissue
168. The fact that electricity prefers lean tissue over fat tissue
169. The amount of subcutaneous fat that can be pinched on surface of the skin
170. Body density
171. Percent body fat
172. Is not important when considering a person’s risk for developing certain chronic diseases
173. Can only be determined by measuring the fat beneath the skin
174. The promotion of the total body weight that is due to fat
175. Is the same as body mass index (BMI)
176. If John wants to increase his muscular endurance, it is recomended that he
177. Weight trains 5 days a week
178. Performs cardiorespiratory exercises for 30 min 3 days a week
179. Weight train a lighter weight, doing many repetitions
180. Weight train a higher weight, doing fewer repetitions
181. Exercise intensity refers to
182. The number of times per week you exercise
183. How hard you work
184. The length of your exercise session
185. The quantity of exercise you get
186. Any movement using skeletal muscles and requiring energy is called
187. Physical fitness
188. Physical activity
189. Peak workload
190. Cardiorespiratory endurance
191. Resting metabolic rate is
192. The energy required to maintain vital body functions
193. The sum of all the process bu which food energy is used by the body
194. The body’s daily energy expenditure
195. The energy required to digest food
196. By far, the leading preventable of death among population is
197. Alcohol consumption
198. Poor health care
199. Smoking
200. Liver disease
201. The treatment considered to be the most effective against current-day health threats is ...
202. Prevention
203. Antibiotics
204. Surgery
205. Genetic testing
206. Infectious disease
207. Is currently a leading cause of death in a world
208. Is a disease that develops and continues over a long period of time
209. Is a disease that is easily transmitted from one person to another
210. Is a disease which you can treat only by antibiotics
211. Psychological disorders may be a result of all of the following EXCEPT
212. Genetic disorder
213. Chemical imbalances in the brain
214. Exposure to traumatic events
215. Good coping strategy
216. Which one of the following is a stressor
217. Bad grade
218. Sweaty palms
219. Rapid pulse
220. High fever
221. Mohammed just received an F (2) on his term paper. Which type of stress is he likely to experience?
222. Eustress
223. Malstress
224. Distress
225. Unmanaged stress
226. Which two systems in the body work together to allow you to respond to stress?
227. Nervous and cardiovascular system
228. Cardiovascular and endocrine system
229. Endocrine and nervous system
230. Endocrine and respiratory system
231. Progressive relaxation techniques
232. Involve tensing and then relaxing the muscles in your body
233. Increase heart rate
234. Involve a lot of imagination and willpower
235. Can be quite complex and difficult to master
236. Biofeedback helps people reduce stress by
237. Enabling them to become more aware of their levels of physical arousals
238. Removing internal and external stressor
239. Cleaning the body of toxins
240. Using imagery to visualize a relaxing place\person
241. The system of glands, tissues and cells that helps control body functions by releasing hormones is the ... system
242. Central nervous
243. Endocrine
244. Reproductive
245. Cardiovascular
246. Which component of the nervous system is responsible for integrating and interpreting information coming from the internal and external environment of the body
247. Neurons
248. Brain
249. Neuron cell body
250. Spinal cord
251. During the stress response, the adrenal glands release
252. Adrenocorticotropic hormone (ACTH)
253. Adrenaline
254. Endorphins
255. Norepinephrine
256. Homeostasis is
257. How your body’s internal environment doesn’t change
258. When your body does not change relative to external environment
259. The body’s ability to keep an internal stable environment even thought the external environment is always changing
260. When your body becomes excited during a stress response
261. Sandra has had a cough for 3 weeks. Which of the following is likely to be her best option for addressing this symptom
262. Waiting an additional 2 weeks to see if her condition improves
263. Self-treatment
264. Observing her symptoms
265. Checking with a physician
266. Self-assessment of medical symptoms begins with
267. Purchase of over-the-counter drugs
268. Self medicating
269. Observation of your symptoms
270. Phone call to the doctor
271. Western medicine traditionally relief on the use of ... to treat and cure diseases
272. Phytochemicals
273. Antioxidants
274. Isoflavins
275. Pharmaceuticals
276. Homeopathy is an example of a(n)
277. Mind-body intervention
278. Alternative medical system
279. Biological-based therapy
280. Energy therapy
281. Which one of the following is NOT a role of school curriculun in promoting an active, healthy lifestyle
282. Teaching motor skill
283. Developing leadership roles
284. Encouraging participation in activities
285. Selecting the best performers for national teams
286. Which one of the following is the most appropriate method of training to improve your flexibility
287. Circuit training
288. Weight training
289. Yoga
290. Aerobics
291. Which one of the following is a good reason to do a warm up before a physical activity
292. To decrease the risk of injury
293. To speed up the removal of lactic acid
294. To stop the release of adrenaline
295. To slow down the resting heart rate
296. Marcus lives with his Mom, Dad and younger sister. His parents both drink socially, but not much at home. His dad smokes, doesn’t exercise, and eats a lot of juk food. His Mom has never smoked, exercises every morning, and eats fairly healthily. His dad has several health problems related to his lifestyle choices. Marcus is a lot like his dad. What can Marcus do now to help him avoid health problems later in life?
297. Marcus can surround himself with friends that smoke and join clubs that keep him living a sedentary lifestyle
298. Marcus can exercise with his Mom every morning and help make the grocery list with his Dad that includes healthier food.
299. Marcus should hang out with his Dad when his Dad is smoking and tell him it is bad for him and not to do it.
300. Marcus doesn’t need to do anything now, because his is not his Dad and can make choices for himself that are different from his Dad’s.
301. This is an unhealthy habit...
302. skip the breakfast
303. drink water
304. eat vegetables
305. do exercises
306. The truth is that the condom:
307. Fully protects the male from STDs
308. Should be discussed with all women who are seeking contraception for the first time
309. Should be put on before the penis is erect
310. May be used with Vaseline for extra lubrication
311. The truth is that the diaphragm:
312. Can be used without spermicides with no loss of efficacy
313. Should not be removed until at least 6 hours after intercourse
314. Is linked with a higher incidence of cystitis
315. Must be inserted dome side down
316. The truth is that absolute contraindications to prescribing combined oral contraception pills include:
317. Migraine with aura
318. Benign cystic breast lesion
319. Past history of infective hepatitis
320. Smoker over age of 30
321. The truth that a patient taking a progesterone oral pills:
322. Should be encouraged to take it at the same time everyday
323. Is better covered contraceptively if her vaginal bleeds are regular 
324. Should stop the pill 6 weeks prior to major surgery
325. Who has persistent amenorrhoea lasting more than 6 months should have her oestradiol level checked
326. The truth that the post-coital emergency contraception with Levonelle:
327. Should preferably be given within 24 hours of intercourse
328. Provides contraceptive cover until the next period
329. Can’t influence on the time of start of a new pack of pills (COC)
330. Is contraindicated in patients who have a current migraine with aura
331. The truth is that the intra-uterine system(Mirena):
332. Can be used as a postcoital contraceptive
333. Commonly causes intermenstrual spotting in the early months of use
334. Releases norethisterone at a rate of 20mcg/day
335. Not makes the development of follicular cysts more likely
336. The truth is that Laparoscopic female sterilisation:
337. Causes increased menstrual loss
338. May only be done with the partner’s consent
339. Requires the woman to have oestrogen replacement therapy
340. Is linked to an increased rate of ectopics if further pregnancies occur
341. The truth is that after vasectomy:
342. Between 12 & 16 weeks are usually required to clear the semen of sperm
343. Sexual performance will be enhanced
344. There is an increased risk of cardiovascular disease
345. The majority of men will be off work for 5-7 days
346. Which of the following is NOT a form of direct transmission?
347. Kissing
348. Drinking from a friend’s water glass
349. Breathing in someone’s sneeze
350. Sexual intercourse
351. The immunity you get from a vaccination is acquired
352. Actively
353. Passively
354. Artificially
355. Nonspecifically
356. The portal of entry for influenza is
357. The respiratory system
358. The digestive tract
359. Breaks in the skin
360. Body fluids
361. The most common approach to treating influenza is to
362. Receive antiviral shots
363. Treat the symptoms
364. Take antibiotics
365. Avoid infection
366. Hepatitis is a viral inflammation of the
367. Pancreas
368. Intestines
369. Kidneys
370. Liver
371. Hepatitis B and C are spread when the virus is introduced directly into
372. The ear
373. Body fluids
374. The digestive tract
375. The respiratory system
376. Most HIV infections occur through the exchange of blood, semen, or
377. Tears
378. Saliva
379. Sweat
380. Vaginal secretions
381. The average incubation period for HIV infections (the time between infection and the appearance of symptoms) is about
382. Six to twelve months
383. Two to six years
384. Six to eight years
385. Ten to twelve years.
386. Which of the following BEST summarizes the current state of HIV/AIDS treatment?
387. It can be slowed,but not cured
388. There are no effective treatments for HIV/AIDS
389. It can be cured if caught before full-blown AIDS develops
390. Experimental cures have been achieved, but they need to be approved by the FDA
391. The major risk of untreated chlamydia infections is
392. Painful urination
393. Susceptibility to other STDs
394. Possible reinfectionora “ping-pong” effect
395. Damage to the reproductive organs and surrounding structures
396. Human papillomavirus infection leads to an increased risk of
397. Gonorrhea
398. Chlamydia
399. HIV/AIDS
400. Cervical cancers
401. Which of the following is the most commonly consumed and abused intoxicant?

1. Alcohol

2. Amphetamine

3. Morphine

4. Tobacco

1. Which of the following is generally not the reason of developing drinking habit?
2. Relief from pain
3. Unhappy family life
4. Success
5. Pleasure or excitement
6. In our liver, alcohol is converted into acetaldehyde with the help of \_\_\_\_\_\_\_\_\_\_
7. Pyruvate dehydrogenase
8. Alcohol dehydrogenase
9. Acetaldehyde dehydrogenase
10. Lactic acid dehydrogenase
11. Which of the following is not an ill effect of drinking alcohol?

1. Gastric disorders

2. Neuritis

3. Free state of mind

4. Sexual dysfunctioning

1. Which of the following is a serious complication from alcohol consumption that is ultimately fatal?
2. Hepatitis
3. Cholestasis
4. Fatty liver syndrome
5. Liver Cirrhosis
6. Which of the following is not a social effect of drinking alcohol?
7. Absenteeism
8. Amnesia
9. Antisocial behaviour
10. Neglect of family
11. Which of the following is not a common measure for de-addiction from alcohol?
12. Psychotherapy
13. Thiamine rich diet
14. Giving other drugs
15. Disulfiram
16. Tobacco is obtained from \_\_\_\_\_\_\_\_\_\_\_
17. Opium poppy
18. Nicotiana tabacum
19. Erythroxylum coca
20. Atropa belladonna
21. Which of the following is not a common method of tobacco consumption?
22. Smoking
23. Chewing
24. Snuffing
25. Injecting
26. Which is the habit-forming ingredient of tobacco?
27. Nicotine

2. Tar

3. Catechol

4. Phenol

1. Which of the following is not a harmful effect of consuming tobacco?
2. Bronchitis
3. Stains and smell
4. Pleasure
5. Emphysema
6. It is claimed the light drinking can have which of the following beneficial effects?
7. Improves sleep quality
8. Reduces risk of ischaemic heart disease
9. Leads to better stress management
10. Controls aggressiveness
11. Which of the following lines of evidence is most often put forward as showing that drinking behaviour is an inherited characteristic?
12. Some people just cannot stop drinking once they start.
13. Heavy drinking runs in families.
14. DNA studies have shown that there are specific genes for both alcoholism and teetotalism.
15. Adopted children have similar drinking habits as their biological parents.
16. How has the concept of gradient of reinforcement been applied in explanations of problem drinking using operant conditioning concepts?
17. When people first try alcohol they do not usually find it pleasurable, but it gradually gets more enjoyable on subsequent occasions.
18. The effects of alcohol wear off in a fairly short time so that more and more is needed to maintain the pleasurable effect.
19. People often find that they feel bad soon after alcohol has left the bloodstream, and they need more alcohol to counteract these effects.
20. The pleasurable effects of alcohol occur rapidly after consumption and have a greater effect on subsequent drinking behaviour than the unpleasant effects, such as hangovers, which occur much later.
21. According to social learning theorists what personality trait confers protection against peer group pressure to drink excessively?
22. Introversion
23. Optimism
24. Self-efficacy
25. Self esteem
26. What has been shown to be the most effective policy for reducing overall levels of alcohol consumption in the general population?
27. Increasing taxation of alcohol
28. Educational initiatives in schools and colleges
29. Publicising harmful effects of alcohol
30. Requiring alcohol manufacturers to put sensible drinking slogans on their products
31. On average throughout the world, which is the most widely used approach to the treatment of alcohol dependence?
32. Hospital-based facilities and private clinics offering medical treatment for withdrawal symptoms, together with counselling
33. Alcoholics Anonymous and similar self-help organisations promoting total lifelong abstinence
34. Individual and group psychotherapy
35. Cognitive behaviour therapy, motivational interviewing and mindfulness based relapse prevention
36. When they reviewed the efficacy of different treatment approaches for alcohol problems, which did Miller and Wilbourne (2002) consider to be the one best supported by the evidence?
37. Motivational interviewing
38. Counselling and psychotherapy
39. Twelve-step facilitation programme (Alcoholics Anonymous)
40. Cognitive behaviour therapy
41. Which of the following symptom does not show physical dependence on drugs?
42. Tremors
43. Twitching
44. Craving
45. Convulsions
46. Which of the following is generally not a withdrawal symptom of taking drugs?
47. Excessive sweating
48. Tremors and cramps
49. Insomnia
50. Hypersomnia

**Answers**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 3 | 11 | 1 | 21 | 3 | 31 | 2 | 41 | 1 |
| 2 | 1 | 12 | 1 | 22 | 1 | 32 | 3 | 42 | 3 |
| 3 | 3 | 13 | 2 | 23 | 3 | 33 | 3 | 43 | 4 |
| 4 | 3 | 14 | 3 | 24 | 1 | 34 | 2 | 44 | 1 |
| 5 | 4 | 15 | 2 | 25 | 1 | 35 | 3 | 45 | 3 |
| 6 | 2 | 16 | 1 | 26 | 3 | 36 | 3 | 46 | 3 |
| 7 | 2 | 17 | 3 | 27 | 2 | 37 | 2 | 47 | 1 |
| 8 | 3 | 18 | 3 | 28 | 4 | 38 | 2 | 48 | 1 |
| 9 | 2 | 19 | 3 | 29 | 2 | 39 | 1 | 49 | 2 |
| 10 | 3 | 20 | 1 | 30 | 2 | 40 | 3 | 50 | 2 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 51 | 2 | 61 | 1 | 71 | 3 | 81 | 1 | 91 | 3 |
| 52 | 3 | 62 | 2 | 72 | 1 | 82 | 3 | 92 | 2 |
| 53 | 4 | 63 | 2 | 73 | 2 | 83 | 2 | 93 | 4 |
| 54 | 3 | 64 | 1 | 74 | 4 | 84 | 3 | 94 | 4 |
| 55 | 4 | 65 | 1 | 75 | 2 | 85 | 4 | 95 | 3 |
| 56 | 2 | 66 | 1 | 76 | 4 | 86 | 2 | 96 | 1 |
| 57 | 4 | 67 | 2 | 77 | 4 | 87 | 3 | 97 | 2 |
| 58 | 4 | 68 | 4 | 78 | 1 | 88 | 2 | 98 | 1 |
| 59 | 4 | 69 | 1 | 79 | 4 | 89 | 4 | 99 | 3 |
| 60 | 2 | 70 | 2 | 80 | 4 | 90 | 1 | 100 | 4 |