

ISSA Quiz (Answers) questions with all correct answers 2023/2024

✔ CFT Quiz 1 - Unit 1: Metabolism

✔ Quiz Results

✔ This quiz was completed on Feb 10, 2018 and you answered 8 out of 8 questions correctly.

✔ Question 1

✔ Q: Muscular, cardiopulmonary, and metabolic adaptations to exercise are known as the training effect.

✔ True (the correct answer)

✔ False

✔ Question 2

✔ Q: The body's automatic tendency to maintain a constant internal body environment through various processes is called:

✔ Body reactivity

✔ Cerebral equilibrium

✔ Homeostasis (the correct answer)

✔ Metabolic set point

✔ None of the above

✔ Question 3

✔ Q: BMR stands for:

✔ Basic memory retention

✔ Bad muscle recovery

✔ Bone myofascial release

✔ Basal metabolic rate (the correct answer)

✔ None of the above

✔ Question 4

✔ Q: Anabolism and catabolism occur at the same time throughout the body.

✔ True (the correct answer)

✔ False

✔ Question 5

✔ Q: Which of the following statements is/are true?

✔ A calorie is a unit of heat.

✔ One Calorie is the energy required to raise 1 gram of water by 1 degree Celsius.

✔ The preferred unit in metabolic studies and nutrition labels is the kilocalorie (kcal).

✔ A and B.

✔ A and C (the correct answer)

✔ Question 6

✔ Q: The primary (not the initial) fuel during endurance exercise is:

✔ Liver glycogen

✔ Fatty acids (the correct answer)

✔ Muscle glycogen

✔ Electrolytes

✔ None of the above

✔ Question 7

✔ Q: The molecule used for storing and transferring energy in the body is called:

✔ Micronutrients

✔ Carbohydrates

✔ Carbon dioxide (CO₂)

✔ Adenosine triphosphate (ATP) (the correct answer)

✔ None of the above

✔ Question 8

✔ Q: The ATP/CP pathway is the primary pathway used for activities lasting two minutes or greater.

✔ True

✔ False (the correct answer)

Issa Quiz Answers

SA Adler



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