

Test Bank for NSCAs Guide to Sport and Exercise Nutrition 2nd Campbell

TEST BANK SAMPLE PREVIEW

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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 _____.

- 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.

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

- a. True
- *b. False