

45. Factors to incorporate into goal setting for a patient include all of the following except:
 - A. Set specific and measurable goals
 - B. Use positive language
 - C. Make goals challenging but realistic
 - D. Set a reasonable time frame
 - E. Connect the outcome to the effort
46. When is seasonal affective disorder (SAD) most likely to occur?
 - A. Winter
 - B. Spring and summer
 - C. Fall
 - D. Summer into the Fall
 - E. None of the above
47. An individual who has sustained a psychologically traumatic event may experience a numbing of general responsiveness, insomnia, or increased aggressiveness. This is known as which of the following?
 - A. Paranoia
 - B. Obsessive-compulsive disorder
 - C. Tourette syndrome
 - D. Post-traumatic stress disorder
 - E. Bipolar disorder
48. What is the conversion of glucose to lactic acid called?
 - A. Photosynthesis
 - B. Glycolysis
 - C. Lactolysis
 - D. The Krebs cycle
 - E. Glycogenesis
49. When is the best time for an athlete to eat carbohydrate-rich foods?
 - A. Within 2 hours after training
 - B. 1 hour prior to training
 - C. In small amounts while training
 - D. A half-hour prior to training and throughout the training session
 - E. 4 to 6 hours after training
50. At low workloads, muscle cells use _____ for fuel, while _____ is used for periods of intense exercise of short duration.
 - A. Fat, protein
 - B. Carbohydrate, fat
 - C. Fat, phosphocreatine
 - D. Protein, carbohydrate
 - E. Glycogen, protein
51. In which of the following foods would be a high concentration of the mineral phosphorus be found?
 - A. Potatoes
 - B. Dark green vegetables
 - C. Oranges
 - D. Table salt
 - E. Milk and cheese
52. Which of the following are the “building blocks” of protein?
 - A. Sugars
 - B. Amino acids
 - C. Triglycerides
 - D. Sterols
 - E. All of the above
53. The loss of _____ and _____ account for the greatest percentage of electrolytes lost through sweat.
 - A. Potassium, chloride
 - B. Magnesium, potassium
 - C. Sodium, potassium
 - D. Potassium, zinc
 - E. Sodium, chloride

Nutrition

1. In which of the following foods is a high concentration of vitamin A found?
 - A. Liver, yogurt, milk
 - B. Red meat, oranges, tea
 - C. Nuts, cereals, fish
 - D. Liver, carrots, greens
 - E. None of the above
2. What is also known as vitamin C?
 - A. Retinol
 - B. Thiamine
 - C. Ascorbic acid
 - D. Niacin
 - E. Folic acid
3. Besides sources such as fortified milk and fatty fish oils (such as in tuna fish), what is another major mode of obtaining vitamin D?
 - A. Topical creams
 - B. Sunlight
 - C. Artichokes
 - D. Fried beef liver
 - E. None of the above
4. What is the conversion of glucose to lactic acid called?
 - A. Photosynthesis
 - B. Glycolysis
 - C. Lactolysis
 - D. The Krebs cycle
 - E. Glycogenesis
5. When is the best time for an athlete to eat carbohydrate-rich foods?
 - A. Within 2 hours after training
 - B. 1 hour prior to training
 - C. In small amounts while training
 - D. A half-hour prior to training and throughout the training session
 - E. 4 to 6 hours after training
6. At low workloads, muscle cells use _____ for fuel, while _____ is used for periods of intense exercise of short duration.
 - A. Fat, protein
 - B. Carbohydrate, fat
 - C. Fat, phosphocreatine
 - D. Protein, carbohydrate
 - E. Glycogen, protein
7. In which of the following foods would be a high concentration of the mineral phosphorus be found?
 - A. Potatoes
 - B. Dark green vegetables
 - C. Oranges
 - D. Table salt
 - E. Milk and cheese
8. Which of the following are the “building blocks” of protein?
 - A. Sugars
 - B. Amino acids
 - C. Triglycerides
 - D. Sterols
 - E. All of the above
9. The loss of _____ and _____ account for the greatest percentage of electrolytes lost through sweat.
 - A. Potassium, chloride
 - B. Magnesium, potassium
 - C. Sodium, potassium
 - D. Potassium, zinc
 - E. Sodium, chloride