

ISSA Sports Nutrition Exam Questions with Verified Answers.

1. _____ ounces water are stored with 1 ounce of muscle glycogen - **Correct answer 4**
2. "Diet Low in fat might reduce risk of some cancers" - **Correct answer Health Claim**
3. "Free of sodium" required to be - **Correct answer less than 5 milligrams**
4. (T/F) "Non-Essential" nutrients do not need to be included in the diet since they are already made in the body - **Correct answer False**
5. (T/F) A conditioned individual tends to have a faster heartrate than an unconditioned person - **Correct answer False**
6. (T/F) Adequate intake is the highest average daily nutrient intake level that is likely to pose no risk of adverse health effects to almost all individuals in the general population - **Correct answer False**
7. (T/F) All foods consist of water and solids - **Correct answer True**
8. (T/F) As CO₂ levels increase during exercise this contributes to onset of fatigue - **Correct answer True**
9. (T/F) As long as you pay attention to your body's thirst response you will be adequately hydrated - **Correct answer False**
10. (T/F) Body type, body composition, type of program, and activity level are all examples of factors required to determine an individual athletes nutritional needs - **Correct answer True**
11. (T/F) Caffeine increases the use of fatty acids for energy - **Correct answer True**
12. (T/F) Compared to protein and fat, carbs are more quickly released from stomach - **Correct answer True**

Board Certified Sports Nutrition Exam Practice Questions

Heather Hedrick Fink, Alan E. Mikesky



Board Certified Sports Nutrition Exam Practice Questions:

Practical Applications in Sports Nutrition Heather Hedrick Fink, Alan E. Mikesky, 2015 **Introduction to Dietetic Practice** Katie Ferraro, 2016-02-08 Introduction to Dietetic Practice focuses on the core principles of dietetic practice and introduces readers to advancements and opportunities in the field The content includes an overview of the profession as it exists today a summary of the history of dietetics in North America a review of nutrition credential and educational pathways career opportunities in the field and a look at the future need for credentialed nutrition and dietetics professionals

Practical Applications In Sports Nutrition - BOOK ALONE Heather Hedrick Fink, Alan E. Mikesky, Lisa A. Burgoon, 2011-07-26 Practical Applications in Sports Nutrition Third Edition provides students and practitioners with the latest sports nutrition information and dietary practices so they can assist athletes and fitness enthusiasts in achieving their personal performance goals This text not only provides the most current sports nutrition guidelines and research but also includes the tools and guidance necessary to most appropriately apply the information in the real world It demonstrates effective ways to communicate sports nutrition messages to athletes and how to motivate individuals to make permanent behavior change Early chapters provide an introduction to sports nutrition and give a thorough explanation of macronutrients micronutrients and water and their relation to athletic performance Later chapters focus on the practical and applied aspects of sports nutrition including behavior change through consultations and weight management Chapter 15 targets the unique nutrition requirements of special populations such as athletes who are pregnant vegetarian or have chronic diseases The text concludes with a chapter dedicated to helping readers discover the pathway to becoming a sports dietitian through education and experience Essentials of Strength Training and Conditioning 4th Edition Haff , G. Gregory , Triplett , N. Travis , 2015-09-23 Developed by the National Strength and Conditioning Association Essentials of Strength Training and Conditioning Fourth Edition is the fundamental preparation text for the CSCS exam as well as a definitive reference that strength and conditioning professionals will consult in everyday practice **Essentials of Strength Training and Conditioning** NSCA -National Strength & Conditioning Association, 2021-06 Developed by the National Strength and Conditioning Association NSCA and now in its fourth edition Essentials of Strength Training and Conditioning is the essential text for strength and conditioning professionals and students This comprehensive resource created by 30 expert contributors in the field explains the key theories concepts and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance The scope and content of Essentials of Strength Training and Conditioning Fourth Edition With HKPropel Access have been updated to convey the knowledge skills and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist CSCS exam The evidence based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation The text is organized to lead readers

from theory to program design and practical strategies for administration and management of strength and conditioning facilities The fourth edition contains the most current research and applications and several new features Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use Updated research specifically in the areas of high intensity interval training overtraining agility and change of direction nutrition for health and performance and periodization helps readers better understand these popular trends in the industry A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements Ten additional tests including those for maximum strength power and aerobic capacity along with new flexibility exercises resistance training exercises plyometric exercises and speed and agility drills help professionals design programs that reflect current guidelines Key points chapter objectives and learning aids including key terms and self study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real world settings making the information immediately relatable and usable Online learning tools delivered through HKPropel provide students with 11 downloadable lab activities for practice and retention of information Further both students and professionals will benefit from the online videos of 21 foundational exercises that provide visual instruction and reinforce proper technique Essentials of Strength Training and Conditioning Fourth Edition provides the most comprehensive information on organization and administration of facilities testing and evaluation exercise techniques training adaptations program design and structure and function of body systems Its scope precision and dependability make it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice Note A code for accessing HKPropel is not included with this ebook but may be purchased separately [BOOK ALONE: PRACTICAL APPLICATIONS IN SPORTS NUTRITION 4E](#) Heather Hedrick Fink, Alan E. Mikesky, 2013-11-27 **Practical Applications In Sports Nutrition** Heather Fink, Lisa Burgoon, Alan Mikesky, 2009 The Second Edition of Practical Applications in Sports Nutrition provides students and practitioners with the latest sports nutrition information and dietary practices so they can assist athletes and fitness enthusiasts in achieving their personal performance goals This guide not only provides the most current sports nutrition guidelines and research but also includes the tools and guidance necessary to most appropriately apply the information in the real world In addition this text demonstrates effective ways to communicate sports nutrition messages to athletes and how to motivate individuals to make permanent behavior change *Introduction to Exercise Physiology* Tommy Boone, 2014 *Introduction to Exercise Physiology* identifies the key scientific content that is critically important to the successful practice of exercise physiology This text introduces students to the scientific basis for the practice of exercise physiology to prevent or control mind body diseases to promote health and well being and to enhance athlete performance The goal of this text is to embrace a new paradigm of

exercise physiology as a comprehensive healthcare profession Introduction to Exercise Physiology emphasizes sound scientific content that will help exercise physiologists design appropriate exercise prescription that focuses on the public health challenges of sedentary living In addition the text enables students to understand the effects of sports nutrition and athletic performance by examining exercise metabolism fuel utilization and cardiovascular functions and adaptations from a non performance enhancing supplement perspective Specific physiologic calculations are presented to teach students how to monitor exercise intensity as well as to improve the safety and credibility of client specific test protocols health and fitness training programs and athletic competitions Introduction to Exercise Physiology teaches students the necessary physiologic electrocardiographic biomechanic and anatomic concepts to prepare for and pass the ASEP Board Certification exam Key Features Chapters are organized into the following seven major areas in accordance with the emphasis on exercise as medicine I Scientific Aspects of Exercise Physiology II Training the Cardiorespiratory and Muscular Systems III Training and Performance IV Exercise Is Medicine V Exercise Biomechanics VI Anatomy of Sports and Exercise VII The Profession of Exercise Physiology Each chapter begins with an overview of the chapter objectives presented in the form of individual questions Chapters conclude by providing students with a list of key terms a chapter outline glossary study questions suggested readings and references to further student learning Includes a discussion around the importance of exercise physiology as a profession and covers the future challenges for exercise physiologists the basics of the change process and the importance of a professional organization

ACSM's Primary Care Sports Medicine Douglas McKeag,James L. Moeller,2007 Written and edited by internationally known experts in primary care sports medicine this book is the most comprehensive sports medicine reference geared to primary care practitioners It is the ideal text for physicians studying for the Certificate of Added Qualifications in Sports Medicine that is now offered in many disciplines including family practice internal medicine emergency medicine pediatrics physical medicine and rehabilitation and osteopathic medicine This revised and updated Second Edition is published in association with the American College of Sports Medicine and includes more practical information The new more user friendly format features numerous illustrations charts and tables including full color illustrations

Disordered Eating Among Athletes Katherine A. Beals,2004 This text integrates and evaluates current research on disordered eating among athletes It aims to increase reader understanding of eating disorders and to give health and fitness professionals practical examples for creating their own effective treatment programme

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