

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**

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RJ Alexander



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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

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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

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