

IFA Sports Nutrition Certification Test Answer Form

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Tester:		Date:	
Name:			
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City:	State/Province:	Zip:	
Home Phone:		Work Phone:	
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Place an 'X' in the appropriate box for True/False questions. For questions 80 to 100, enter the appropriate number.

Nutrients Part 1			Nutrients Part 2			Supplements			Nutritional Requirements			Nutritional Abuses			Client Scenarios	
	T	F		T	F		T	F		T	F		T	F		
1			16			31			53			66			80	
2			17			32			54			67			81	
3			18			33			55			68			82	
4			19			34			56			69			83	
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8			23			38			60			73			87	
9			24			39			61			74			88	
10			25			40			62			75			89	
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IFA Sports Nutrition Certification Test Questions

Nutrients Part 1

1. There are two types of nutrients, macronutrients and micronutrients.
2. Protein, fat, carbohydrates and water are macronutrients.
3. Vitamins and minerals are considered micronutrients.
4. All amino acids are manufactured in the body.
5. Complete proteins contain all nine essential amino acids.
6. Incomplete proteins should never be consumed.
7. An effective and safe diet can be composed of protein and carbohydrates only.
8. Fats have the highest energy content per gram.
9. Caffeine has the effect of stimulating the cardiovascular response.
10. Glucose is derived from carbohydrates and stored in the liver and muscles as Glycogen.
11. Insufficient consumption of fats can cause muscles to be catabolized.
12. Carbohydrates should comprise approximately 60% of daily caloric intake.
13. Excess dietary fiber can cause malabsorption of vitamins and minerals.
14. Consuming excess carbohydrates before sleeping is called carbohydrate loading.
15. High glycemic foods provide energy at a slower controlled rate.

IFA Sports Nutrition Certification Test Questions

Nutrients Part 2

16. Fats are utilized for the transport and absorption of fat-soluble vitamins.
17. Fatty acids in the bloodstream are combined with bile salts for energy production.
18. A minimum daily requirement for unsaturated fat is 10 grams.
19. Both fatty acids and carbohydrates (glucose after reduction) are necessary for energy production.
20. Fat is not essential to survival.
21. Water is essential for all energy production in the body.
22. Adults should drink about 2 1/2 quarts of water per day.
23. Water requirements are reduced in cold weather.
24. Vitamins require no digestion and are absorbed directly into the blood stream.
25. The two groups of vitamins are fat-soluble and protein-soluble.
26. The kidneys excrete excess or mega amounts of water-soluble vitamins.
27. The two groups of minerals are major and trace minerals.
28. The body requires more than 100mg of trace minerals.
29. The body requires more than 100mg of major minerals.
30. The proper electrical charge in the body fluids is provided by electrolytes.

IFA Sports Nutrition Certification Test Questions

Supplements

31. A supplement potent enough to help may be potent enough to cause side effects.
32. Maintaining proper levels of testosterone is vital to overall body growth and maintenance.
33. Most people's testosterone level is inadequate.
34. DNA damage is a possible health hazard for chromium.
35. Genetics determine natural storage levels of creatine.
36. A small amount of creatine is stored within the skeletal muscles.
37. Creatine allows the muscles to perform contractions for longer periods before becoming fatigued.
38. Muscle injuries are a possible health hazard for creatine.
39. Dehydroepiandrosterone (DHEA) is manufactured by the adrenal glands from cholesterol.
40. A steady increase in DHEA production occurs with age and levels off at around age 75.
41. An increase of estrogen levels in women is a possible health hazard of DHEA.
42. Ephedra is a central nervous system stimulant.
43. Ephedrine is contraindicated if you have a family history of diabetes.
44. Ephedrine should not be taken with caffeine, decongestants, and other stimulants.
45. Arrhythmia, nerve damage, and stroke are possible health hazards of ephedrine use.
46. GABA is a pituitary stimulant used for muscle growth.
47. GABA increases neuron activity in the central nervous system.
48. Bradycardia is a possible health hazard of GABA.
49. Glutamine is the most abundant amino acid in muscle tissue.
50. Glutamine is partly responsible for the transport of nitrogen into the cell for muscle growth.
51. Glutamine levels rise after a workout and remain high until after a complete recovery period.
52. Reduced glutamine levels in muscle tissue is destructive to muscle tissue or catabolic.

IFA Sports Nutrition Certification Test Questions

Nutritional Requirements

53. The USDA recommends a 2 ½ cup daily serving of the Vegetable Group.
54. The USDA establishes the maximum requirements for proper health.
55. The BMR for a sedentary 150lb (68kg) individual is roughly 3600 calories per day.
56. A pound is equivalent to 3500 calories.
57. Sustained daily consumption of more than 1500 calories reduces the basal metabolic rate (BMR).
58. When the BMR is reduced, fewer calories are required and excess calories are stored as fat.
59. It is not necessary to combine exercise with diet to affect weight loss.
60. BMR is the minimum caloric requirements necessary to maintain body weight.
61. Caloric intake is a major factor in weight gain and weight loss.
62. Increasing physical activity will not increase your caloric requirements.
63. Proper nutrition requires a equal daily intake of protein, carbohydrates, and fat.
64. Protein, carbohydrates and fat each contain 4 calories per gram.
65. According to the USDA, a 6 oz daily Grain Group serving is recommended.

IFA Sports Nutrition Certification Test Questions

Nutritional Abuses

66. No nutritional benefit is derived from alcohol.
67. Alcohol temporarily slows down the metabolism.
68. Caffeine increases free fatty acid mobilization in the blood thereby prolonging energy levels.
69. Caffeine does not stimulate the central nervous system.
70. Caffeine increases the basal metabolic rate, heart rate, and blood pressure.
71. Bradycardia (slowing of the heart rate) leads to increased ability to exercise.
72. Caffeine can cause dehydration thereby decreasing energy levels up to 30%.
73. Anorexia and Bulimia are eating disorders.
74. Eating disorders deprive the body of nutrients.
75. Excluding certain foods can lead to nutrient deficiencies in the body.
76. Diets composed of just carbohydrates can cause ketosis.
77. Glycemic Index is the blood sugar level increase compared to ingesting pure sugar.
78. Protein and fat slow the absorption of carbohydrates.
79. Glucagon is a hormone that is made naturally in the liver.

IFA Sports Nutrition Certification Test Questions

Client Scenarios

Choose the best answer for each:

80. What is the best way to lose weight?
1. Diet only
 2. Exercise only
 3. Diet and Exercise
81. What is nutritionally required for tissue repair during illness?
1. Carbohydrates
 2. Protein
 3. Fats
82. What nutrient is used for both instant and sustained energy?
1. Carbohydrates
 2. Protein
 3. Fats
83. A client insists on an unrealistic goal. Which should you do?
1. Accept the client and try to convince them later.
 2. Do not accept the client under those conditions.
 3. Require a full medical before you accept them.
84. What can nutritionally cause fatigue and dizziness?
1. Blood sugar level
 2. Protein level
 3. All of the above
85. What can cause a person to run out of energy during a workout?
1. Protein level
 2. Carbohydrate level
 3. Fat level
86. How can low-density lipoproteins (LDL) levels be reduced?
1. Reduce the dietary intake of non-saturated fats
 2. Reduce the dietary intake of saturated fats
 3. Reduce the dietary intake of carbohydrates
87. What can be used to counter a genetic predisposition to high blood pressure?
1. Diet and exercise
 2. Medications
 3. All of the above
88. How long can a person survive without water?
1. One week
 2. Two weeks
 3. Three weeks
89. What are the early signs of dehydration?
1. Dizziness and fatigue
 2. Headache and loss of appetite
 3. All of the above

90. Which is contraindicated for taking supplements?
1. Pregnant and/or breast-feeding
 2. Taking prescribed drugs
 3. All of the above
91. To lose one pound a week, reduce your weekly caloric intake by:
1. 1500 calories, but not below 1000 per day.
 2. 3500 calories, but not below 1500 per day.
 3. 500 calories, but not below 1000 per day.
92. Caffeine has shown to decrease fatigue during low to moderate exercise, lasting over:
1. 1 hour
 2. 2 hours
 3. 3 hours
93. For weight loss, which one of these can you go without for a long period of time?
1. Proteins
 2. Fats
 3. None of the above
94. Which is a measure of the Glycemic Index?
1. Blood insulin levels
 2. Blood sugar levels
 3. Blood oxygen levels
95. Which is a result of the consumption of high glycemic foods?
1. A rise in insulin levels
 2. A reduction in glucagon
 3. All of the above
96. Which is a result of the consumption of large quantities of low glycemic foods?
1. Weight Gain
 2. Weight Loss
 3. Weight Balance
97. A client is retaining water; which would be possible solution?
1. Drink more water
 2. Drink less water
 3. Eat more proteins
98. A client is complaining of stomach pains; what action should you take?
1. Offer them some antacids/medicines
 2. Advise them to consult a doctor
 3. Tell them it will eventually go away as they workout
99. When consulting a client for the first time, you should?
1. Start them on a routine right away
 2. Have them fill out a Health Questionnaire
 3. All of the above
100. A client wants to lose 30 lbs in one month, your advice is
1. Reduce calories to 1000 calories per day.
 2. Increase exercise and reduce calories to 1000 per day.
 3. This is an unhealthy and unrealistic goal.