

# Chapter 1 Basic Physiology

Based on information found in Chapter 1 of the Reference Manual

- 1.) **The most accurate form of measurement for long-term health and weight-management is** (check one):

- Pounds on the scale
- Body Mass Index (BMI)
- Body Composition (lean mass vs. body-fat)

- 2.) **The word “calorie” relates to:**

- Combustion (to produce energy)
- Fat on your body
- Carbohydrate

- 3.) **Make the following conversions:**

Food	Grams	Calories
Fat	5	
Carbohydrate		40
Protein	20	

- 4.) **Basal Metabolic Rate (BMR) is the:**

- Minimum amount of calories required for vital bodily functions during a relaxed, reclined and waking state
- Amount of calories required to heat a one (1) cup of water one (1) degree Celsius in one (1) minute
- Amount of energy used during an intense workout

- 5.) **The most healthy way to decrease body-fat is:**

- Drop your caloric intake below 800 calories per day
- Through a slight negative energy balance where the caloric expenditure slightly exceeds the caloric intake
- Liposuction

- 6.) **The body’s first choice for fuel is:**

- Stored fat
- Stored glycogen
- Stored protein

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- 7.) **The body can convert fat into glucose to feed its nervous system and metabolism:**
- True
  - False
- 8.) **The body can convert protein into glucose to feed its nervous system and metabolism:**
- True
  - False
- 9.) **When caloric intake goes below BMR, as in commercial weight-loss programs, the body will:**
- Perceive starvation and create a “survival” metabolism
  - Burn muscle to fuel its energy requirements
  - Slow down metabolism to reduce energy requirements
  - Store even more body-fat to fend off the perceived threat of starvation
  - All of the above
- 10.) **People who continue to go on and off “restricted calorie” diet programs typically rebound to a higher weight after each round of dieting. This rebound effect is known as:**
- \_\_\_\_-\_\_\_\_ Dieting

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