

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**

Issa Sports Nutrition Exam Answers

M Carnoy



Issa Sports Nutrition Exam Answers:

Embracing the Tune of Phrase: An Psychological Symphony within **Issa Sports Nutrition Exam Answers**

In a world taken by monitors and the ceaseless chatter of instantaneous interaction, the melodic elegance and emotional symphony developed by the written term frequently disappear in to the back ground, eclipsed by the relentless sound and disruptions that permeate our lives. But, situated within the pages of **Issa Sports Nutrition Exam Answers** an enchanting fictional prize brimming with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that charming masterpiece conducts viewers on a mental journey, skillfully unraveling the concealed tunes and profound influence resonating within each carefully crafted phrase. Within the depths of this moving review, we will explore the book is central harmonies, analyze their enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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