

Nutritional Sciences 1340: Introduction to Exercise and Fitness Lesson 8 Assessment

30 Questions, 30 Points Total

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True/False

– 5 questions, 1 point each, 5 points total

Directions: Questions 1-5 are True/False. For these questions, type A if the statement is true and B if the statement is false in the space provided below the question.

1. Recommended body weight can be accurately determined using height/weight charts.

- A. True
- B. False

Answer: B. False

2. Dual energy X-ray absorptiometry uses computerized pressure sensors to determine the amount of air displaced by the person inside the chamber.

- A. True
- B. False

Answer: B. False

3. Air displacement is easy to administer and compares favorably (according to initial research) with hydrostatic weighing.

- A. True
- B. False

Answer: A. True

4. Assessing body composition using skinfold thickness is based on the principle that the amount of subcutaneous fat is proportional to total body fat.
- A. True
 - B. False

Answer: A. True

5. Body mass index (BMI) is a better predictor than waist circumference (WC) of the risk for disease.
- A. True
 - B. False

Answer: B. False

Fill-in-the-Blank

– 6 questions, 1 point each, 6 points total

Directions: Questions 6-10 are fill-in-the-blank. For these questions, type the best answer in the space provided.

6. Carbohydrate and fat serve as the two main energy substrates (sources) for exercise.
7. The most accurate technique to estimate body composition in the lab is dual energy x-ray absorptiometry. This technique has replaced hydrostatic weighing as the “gold standard” method for body composition assessment.
8. Deposits of fat directly under the skin are called subcutaneous fat.
9. Because of its simplicity and measurement consistency across populations, BMI is the most widely used measure to determine overweight and obesity.
10. According to the *Body Composition* video lecture, Over Fatness (at risk) for men would be considered a body fat percentage greater than 25%.

