

Test Bank for NSCAs Guide to Sport and Exercise Nutrition 2nd Campbell

1. Measuring body composition via DEXA while an individual is in an underhydrated state may lead to an underestimation of which of these?

- a. bone mass
- b. fat mass
- *c. lean mass
- d. body fat percentage

2. Two body composition analysis techniques, _____ and _____, estimate body density by measuring the displacement of air and water, respectively.

- *a. BodPod; underwater weighing
- b. BodyPod; bioelectrical impedance
- c. DEXA; skinfold calipers
- d. DEXA; underwater weighing

3. A _____ compares a person's typical dietary intake with research-based recommendations based on the person's sport and training level as well as the Dietary Reference Intake (DRIs).

- a. food frequency questionnaire
- b. 24-hour dietary recall
- c. food-tracking app
- *d. diet analysis

4. Laboratory measures of body composition are typically more accurate and more _____ than field methods.

- a. affordable
- *b. costly
- c. time-efficient
- d. widely available

5. Commonly used field measures of body composition include skinfold calipers and _____.

- a. DEXA
- b. BodPod
- *c. bioelectrical impedance
- d. underwater weighing

6. The BodPod breaks the body into _____ compartments.

- *a. two
- b. three
- c. four
- d. five

7. In addition to underhydration, depletion of _____ can also lead to artificially high body fat readings when using certain techniques.

- a. electrolytes
- b. red blood cells
- c. bone minerals
- *d. glycogen

8. Which of these techniques assess body composition by measuring the actual thickness of the fat layer at various sites of the body?

- *a. skinfolds and ultrasound
- b. DEXA and BodPod
- c. DEXA and underwater weighing
- d. bioelectrical impedance and BodPod

9. Which of these is a potential drawback of the bioelectrical impedance technique of measuring body composition?

- a. It is invasive.
- b. It requires substantial training to administer.
- *c. It cannot accurately measure short-term changes in body composition.
- d. It is costly.

10. Body mass index (BMI) should be used to assess whether an individual is obese.

- a. True
- *b. False