

FINAL EXAM

Name _____

Fit or Fat: Exercise and Diet, Spring 2008

This exam is worth 15% of your grade (50 points).

Fill-In: 1 point each, 5 total

Write the correct answer into the blank provided for each question.

1. During aerobic exercise, you should be able to _____.
2. but not _____.
3. One of the benefits of strength training is
_____.
4. One of the benefits of aerobic training is
_____.
5. A potential side effect of using stimulants for a long time is _____.

True / False: 1 point each, 5 total

Circle the "T" if the statement is true. Circle the "F" if any part of it is false.

- T / F Interval training forces the body to recover while stressed, with the long-term effect of the body becoming less efficient during recovery.
- T / F "Eating low on the food chain" means eating more plants and fewer animal-based foods in order to reduce your risk of exposure to many of the pollutants that animals store in their bodies, and therefore pass on to us.
- T / F Fat can be readily converted into glucose when the central nervous system needs it.
- T / F With excessive amounts of protein intake, the body relies more on the triglycerides in the liver for energy. Over a long period of time, this can cause high cholesterol levels in the blood, specifically, the LDL, or "bad" cholesterol.
- T / F When you first start a strength training program, your initial strength gains are mainly due to better coordination of the motor neurons and the muscle fibers they stimulate.

Short Answer: 5 points each, 10 total

Write a complete, but concise answer to each of the following questions.

1. You are doing a full-body strength workout three times a week for general fitness development. List each major body part you want to cover in each workout.

2. Name one strength exercise for each of the major body parts you listed above.

Extended Answer: 10 points

Sally is a 30-year-old female with the following traits: height 5'4"; weight 150 lb. She works in an office where she sits most of the day. The only exercise she gets is a leisurely walk from her home to the bus in the morning and back again in the evening. Sally would like to lose 15 pounds, although she isn't in a big hurry to do so. She is very much a creature of habit – she doesn't like huge, sweeping changes in her routine. A "typical" day of Sally's eating habits is outlined below...

Sally's Actual Food Intake

qty		Desc	Cal	Protein g	Carbo g	Total Fat g
2	ea	Whole Egg-fried in marg	183	12.42	1.29	13.8
3	pc	Bacon-reg. cooked	109	5.8	0.1	9.4
0.5	cp	hash brown potatoes	170	2.5	21.9	8.9
3.5	oz	ham, sliced	203	20.2	0.1	12.9
3	tb	iceberg lettuce	1.4	0.11	0.22	0.02
0.5	ea	tomato, average	12.9	0.5	2.9	0.2
1	tb	loCal Mayonnaise	36.2	0.04	2.5	3
1	tb	Dijon Mustard	15	0.15	0.15	0
2	pc	Cracked Wheat Bread	130	4.4	24.8	2
4	oz	Chicken - lt meat - roasted	196	35	0	5.2

1	cp	vanilla ice cream	266	4.64	31.29	14.6
0.25	cp	carrots	17.6	0.5	4.1	0.1
0.25	cp	green peas-froz	31.2	2.1	5.7	0.11
1	tb	corn oil	124	0	0	14
0.5	cp	white rice-regular	133	2.8	28.9	0.29
4	ea	cookie-choc chip	195	2.3	23.4	11.3
1	pc	pound cake-slice	113	1.6	14.2	5.8

Intake Profile

Nutrient	Goal	Consumed	%goal
<i>Calories</i>	1710 Cal	1936.3 Cal	113%
<i>Protein</i>	60g / 240 Cal	84.2g / 336 Cal	158%
<i>Carbo- hydrate</i>	282 g / 1128 Cal	129.6g / 518 Cal	57%
<i>Fat-total</i>	38g / 342 Cal	80.22g / 722 Cal	267%

Given what you know about Sally, describe changes you would make to her physical activity and dietary habits to help her achieve her goals.