

12 Multiple choice questions

1. a ranking system for carbohydrates based on how they affect blood sugar level
 - a. tapering
 - b. ergogenic aid
 - c. glycemic index
 - d. electrolytes

2. the use of cooling to treat injury or quicken recovery
 - a. minerals
 - b. tapering
 - c. vitamins
 - d. cryotherapy

3. a substance that improves or is believed to improve physical performance
 - a. ergogenic aid
 - b. glycemic index
 - c. cryotherapy
 - d. diuretic

4. inorganic substances, such as iron and calcium, found in the body that are necessary for it to function adequately
 - a. tapering
 - b. minerals
 - c. diuretic
 - d. vitamins

5. emphasises immediate refuelling and rehydration that continues until a pre-event state is obtained
 - a. tapering
 - b. electrolytes
 - c. proactive recovery
 - d. cryotherapy

6. a period immediately before competition when the volume and intensity of training is reduced
 - a. minerals
 - b. vitamins
 - c. tapering
 - d. diuretic

7. salts and minerals, lost through perspiration during exercise, that are important for many body functions
 - a. minerals
 - b. electrolytes
 - c. diuretic
 - d. vitamins

8. an excessive loss of water
 - a. hydration
 - b. diuretic
 - c. dehydration
 - d. tapering

9. the technique of loading the muscles with glycogen in preparation for a high-intensity endurance activity of more than 90 minutes
 - a. dehydration
 - b. carbohydrate loading
 - c. hydration
 - d. tapering

10. a drug that increases the amount of fluid passed from the body
 - a. diuretic
 - b. minerals
 - c. tapering
 - d. hydration

11. inorganic compounds essential to maintain bodily functions
 - a. tapering
 - b. vitamins
 - c. diuretic
 - d. minerals

12. supplying sufficient water to the cells of the body
 - a. hydration
 - b. diuretic
 - c. vitamins
 - d. dehydration