



**FOR REFERENCE PURPOSES ONLY -
THE QUIZ MUST BE PURCHASED AND COMPLETED ONLINE IN ORDER TO EARN CEUS**

Conference Video Quiz
Low-Carbohydrate Diets for Athletes

Which of the following groups of people are typically observed as being insulin sensitive?

- a. diabetics
- b. athletes**
- c. obese

2. Both presenters agree on which of the following statements?

- a. athletes should consume only low or high amounts of carbs
- b. most athletes perform better consuming more carbs
- c. carbohydrate** intake varies from person-to-person

3. According to Alan Aragon, the world's top Ethiopian endurance athletes diet is what percent carbohydrates?

- a. 65**
- b. 75
- c. 85

4. At which of the following percent ranges of VO₂ max does peak fat oxidation occur?

- a. 50-60**
- b. 60-70
- c. 70-80

5. Low carbohydrate diets have been found to be the most effective in which of the following athletes?

- a. ultra**-marathoners
- b. sprinters
- c. decathletes



6. According to research-based recommendations, athletes involved in a moderate volume of intense training should consume which of the following carbohydrate amounts daily to maintain muscle glycogen levels?

- a. 3-5 g/kg
- b. 5-8 g/kg
- c. 8-10 g/kg

7. Ketones act as regulators for which of the following metabolic processes?

- a. decreasing gene expression
- b. inhibiting oxidative stress
- c. increasing glucose uptake

8. Which of the following BMI characteristics is consistent with being insulin resistant?

- a. low
- b. normal
- c. high

9. Which of the following macronutrients has the largest stores in the body?

- a. carbohydrates
- b. proteins
- c. fats

10. Fat mobilization and access is regulated by which of the following hormones?

- a. insulin
- b. glucagon
- c. cortisol