



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

Conference Video Quiz
Nutrition Video Package CEU Quiz

1. 1 Which of these supplements is related to an increase in fat oxidation?
 - a. Yerba mate
 - b. Green tea
 - c. Guarana

2. Tarnopolsky et al. recommend men engaged in strength training consume, at a minimum, how much protein per day?
 - a. 1.76 g/kg bodyweight
 - b. 0.8 g/kg bodyweight
 - c. 2.00 g/kg bodyweight

3. According to Cory Smith, having a high level of which regulating amino acid is most important?
 - a. valine
 - b. leucine
 - c. isoleucine

4. Mike Ormsbee recommends a train high, sleep low philosophy as it relates to
 - a. blood doping.
 - b. high altitude training.
 - c. carbohydrate availability.

5. According to Mike Ormsbee, eating which macronutrient before bed will enhance quality of training?
 - a. Protein
 - b. Carbohydrates
 - c. Fat



6. Which of these supplements is considered an alkalizing agent?
 - a. carbohydrate
 - b. creatine
 - c. sodium bicarbonate

7. Alcohol has shown to most acutely affect protein
 - a. degradation.
 - b. synthesis.
 - c. stimulation.

8. An acute effect of alcohol consumption, as it relates to resistance training, is a decrease in which of the following?
 - a. Protein degradation
 - b. Inhibition of protein synthesis
 - c. mTOR pathway signaling

9. Which type of training is effected by alcohol?
 - a. Strength
 - b. Endurance
 - c. Hypertrophy

10. Mike Ormsbee suggests unfit people eat what amount of calories before bed?
 - a. <200kcal
 - b. >200kcal
 - c. =200kcal