



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

Conference Video Quiz

Metabolism Based Eating: Fat Loss and Muscle Gain in a Caloric Deficit


- 1) According to ACSM guidelines, which of the following quantities of moderate intensity activity is associated with the prevention of weight gain?
 - a) 75 minutes/week
 - b) 125 minutes/week
 - c) 150 minutes/week

- 2) According to the video, which of the following reasons may be responsible for the lack of evidence of efficacy of resistance training for bodyfat loss?
 - a) Experimenter bias
 - b) The protein needs of the subjects are not met
 - c) The subjects are typically untrained

- 3) As discussed in the video, research has shown that a full body resistance training session can increase RMR for which of the following durations?
 - a) 16 hours
 - b) 24 hours
 - c) 36 hours

- 4) According to the successes discussed in the video, what is the first recommended step taken with a client?
 - a) Measure RMR
 - b) Perform submaximal 1RM testing
 - c) Conduct a dietary recall

- 5) Based on client achievements, the Miller lab prescribes protein intake consists of which of the following relative doses?
 - a) 1.0-1.4 g/lb ffm
 - b) 0.8g/lb ffm
 - c) 2.2 g/lb ffm

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- 6) Which of the following diet protocols is promoted by the Miller lab?
- a) Paleo
 - b) Ketogenic
 - c) Metabolism-based eating
- 7) Which of the following is among the challenges listed for the diet and training regimen discussed in the video?
- a) Achieving prescribed macronutrient proportions
 - b) Reaching goals for cardiovascular exercise
 - c) Reaching Caloric intake goals
- 8) Dr. Miller states that which of the following percentages of the American population is overweight?
- a) 60
 - b) 66
 - c) 70
- 9) Dr. Miller states that a more effective approach to fat loss is centered on which of the following concepts?
- a) Increasing RMR
 - b) Increasing the amount of energy burned during exercise
 - c) Decreasing caloric intake
- 10) The percentage of dietary fat recommended by the Miller lab is which of the following?
- a) 10%
 - b) 20%
 - c) 85%