

**Webinar Quiz**  
**“Heat + Humidity: Impact on Training Capabilities and Performance”**  
**(by Wilber)**

1. Which of the following is the minimum number of days need for acclimation in a hot and humid environment?

- A. 7
- B. 14
- C. 21
- D. 28

2. For cooling purposes, blood flow to which of the following is the MOST important during exercise in hot and humid conditions?

- A. skin
- B. liver
- C. brain
- D. muscles

3. Which of the following is defined by heat dissipation from warm skin and muscles via direct contact with a cooler fluid?

- A. radiation
- B. conduction
- C. convection
- D. evaporation

4. Which of the following clothing types is contraindicated for athletes trying to lose weight?

- A. moisture-wicking material
- B. layered clothing
- C. plastics
- D. cotton

5. After acclimatization is complete, which of the following physiological outcomes occur?

<u>Sweat output</u>	<u>Na+ Cl in sweat</u>
A. increases	increases
B. increases	decreases
C. decreases	decreases
D. decreases	increases

6. Which of the following is a source of heat gain?

- A. radiation
- B. conduction
- C. convection
- D. metabolism

7. Which of the following is the PRIMARY treatment for an athlete experiencing heat stroke?

- A. elevate the feet
- B. immerse in ice water
- C. drink a CHO + E beverage
- D. wrap the head in a cool towel

8. Which of the following is the recommended pre-hydration strategy for competitions in the heat and humidity lasting less than 1 hour?

- A. 1 - 8 oz cup of CHO + E drink
- B. 2 - 8 oz cups of CHO + E drink
- C. 1 - 8 oz cup of water
- D. 2 - 8 oz cups of water

9. Which of the following is a symptom of heat exhaustion?

- A. muscle cramps
- B. lack of sweat
- C. fainting
- D. nausea

10. For the purpose of heat distribution during exercise, the arteries of which of the following will dilate?

- I. skin
- II. stomach
- III. muscle
- IV. kidneys

- A. I and III only
- B. I and IV only
- C. II and III only
- D. II and IV only



**ANSWER FORM – WEBINAR QUIZ**

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	A	B	C	D
1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**Instructions:** Fill in the square that represents the best answer for each of the quiz questions. **To receive 0.5 CEU, you must answer 70% of the questions correctly.**

**Send the completed answer form and the \$20 quiz fee to:** NSCA

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