

**Webinar Quiz**  
**“Supplementation for the College Athlete”**  
*October 13, 2010*  
**(by Jay Hoffman)**

1. All of the following are reasons for incorporating protein supplementation with resistance training EXCEPT
  - A. increase recovery rate.
  - B. increase protein synthesis.
  - C. decrease muscle damage.
  - D. decrease protein accretion.
  
2. Which of the following is the active ingredient in pre-exercise energy drinks?
  - A. taurine
  - B. caffeine
  - C. vitamin B
  - D. green tea extract
  
3. Which of the following essential amino acids appear to have the greatest effect on muscle protein synthesis?
  - A. lysine
  - B. tyrosine
  - C. leucine
  - D. arginine
  
4. The timing of protein ingestion has which of the following effects?
  - A. Pre-exercise ingestion increases uptake of amino acids by the muscle.
  - B. Pre-exercise ingestion decreases the rate of amino acid delivery to muscle.
  - C. Post-exercise ingestion elicits a greater anabolic response than pre-exercise ingestion.
  - D. No significant difference in muscle protein synthesis between pre and post-exercise ingestion.
  
5. As compared to casein protein, which of the following whey protein characteristics is PRIMARILY responsible for the initial enhanced rate of protein synthesis?
  - A. It is a complete protein.
  - B. It delays gastric emptying.
  - C. It has a lower biological value.
  - D. It has a higher concentration of leucine.
  
6. According to this webinar which of the following is the leading sport supplement used by strength/power athletes today?
  - A. creatine
  - B. carosine
  - C. histidine
  - D. beta-alanine
  
7. Which of the following amino acids are the precursors to carnosine?
  - A. valine and leucine
  - B. aspartate and glutmine
  - C. taurine and phenylalanine
  - D. beta-alanine and histidine

8. Which of the following must be satisfied prior to discussing supplementation with an athlete?

- I. athlete has used EAA's before
- II. athlete is college age or above
- III. athlete's nutritional intake is sound
- IV. athlete's program adheres to training principles

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

9. Consuming which of the following supplements PRIOR to resistance training exercise leads to a greater amount of protein synthesis?

- A. whey
- B. casein
- C. amino acid
- D. beta-alanine

10. Which of the following is the recommended amount of protein (g/kg body weight) required to maintain protein balance according to an athlete's sport?

	<u>Sedentary</u>	<u>Endurance</u>	<u>Strength/Power</u>
A.	0.6	1.6 – 1.8	2.2 – 2.4
B.	0.8	1.2 – 1.4	1.8 – 2.0
C.	1.0	1.8 – 2.0	1.2 – 1.4
D.	1.2	2.2 – 2.4	1.6 – 1.8



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"/>
2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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10.	<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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