**ATLANTIC INTERNATIONAL UNIVERSITY**

**SCHOOL OF HEALTH SCIENCES DEPARTMENT**

**BACHELORS OF PUBLIC HEALTH**

**ASSIGNMENT**

**NAMES: SANDRA MOONDE**

**STUDENT ID: UB73962HPU83127**

**MODE OF STUDY: ONLINE**

**COURSE : PHYSICAL ACTIVITIES, NUTRITION AND**

 **OBESITY**

**DUE DATE : 15 MAY 2022**

**TUTOR : BRITTNEY JACKSON**

 Q1.What is the worldwide prevalence of obesity?

a.11%

b.13%

c.15%

d.39%

Q2.What are the main causes of obesity epidemic

a. increased energy quantity/density and a more sedentary life-style

b. decreased leisure time activity

c. changes in genetic profiles

d. none of the options given is correct

Q3.Which of the following diseases does obesity increase the risk of developing

a. type 2 diabetes

b. cancer

c. cardiovascular

d. all of the above

Q4.What type of diet is recommended for weight maintenance

a. low protein and low GI

b. high protein and GI

C. low protein and GI

D, high protein and low GI

Q5.Among the following trait, which plays the greatest roll in the potential for obesity

a. gender

b. heredity

c. age

d . Lifestyle

Q6.what percent of individuals who lose weight on a diet plan maintain their weight loss for five years after completion

a.50

b.5

c.20

d.80

Q7.Optimal body fat for health and fitness for men is

a. 5-10%

b. 10-20%

c. 30-40%

d. 20-30%

Q8.A female is considered obese if she has over percent of body fat

a.15

b.30

c.10

d.20

Q9.IF energy expenditure exceeds energy intake

a. fat stores are decreased

b .body weight increases

c. fat stores are increased

d. metabolism decreases

Q10.the hormone thought to depress appetite is

a. resisting

b. relaxing

c. adrenalin

d. leptin

Q11.the maximum recommended weight loss per week is

a. 1-2 pounds

b. 8-10 pounds

c. 5-7 pounds

d. 3-5 pounds

Q12.Consuming more calories than you burn each day results in

a. recommended diet plan

b. a positive caloric balance

c. a negative caloric balance

d. weight loss

Q13.Obesity is responsible for which of the following diseases

a. colon cancer

b. type 2 diabetes

c. heart disease

d. all of the above

Q14.All of the following foods are nutrient-dense except

a. candy

b. vegetables

c. fruit

d. bread

Q15.A sound exercise program should include

A .cardiorespiratory training

b. stretching to promote flexibility

c. strength training

d. all of the above

Q16.Resting metabolic rate RMR represents

a. energy expenditure during physical activity

b. a positive caloric balance

c.an isocaloric balance

d. energy expended during all sedentary activities.

Q17.Total fat metabolism is great with

a. low –intensity exercise

b. very high-intensity exercise

c. high –intensity exercise

d. moderate-intensity exercise

Q18.Weight loss occur first in which area of your body

a. the hips

b. in the site of the largest fat store

c. in the area that you exercised

d. the abdominal

Q19.high protein diets are

a. recommended by most certified nutritionists

b. successful at improving aerobic training

c. usually unsuccessful in the long run

d. recommended for quick weight loss

Q20.To gain adequate muscle mass

a. include a high protein supplement in your diet

b. limit your positive caloric balance to about 90 extra calories per day

c. make sure you include high-fat foods so that you have enough total calories perday

d. include a muscle growth hormone supplement along with an adequate weight training program