Quiz Grade: 65.0% (B)

Quiz Submission

Optimize your exercise with the best Nutrition

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Total Questions:	10

Course Information

Course Title:	Optimize your exercise with the best Nutrition
Course Code:	OYO 669
Credit Hours:	2

Quiz Questions, Student Answers, and Correct Answers

Question 1 of 10

Multiple Choice Question

Which macronutrient is primarily responsible for muscle repair and growth?

Available Options:

(A) Carbohydrates

(B) Proteins ← STUDENT SELECTED ← CORRECT ANSWER

(C) Fats

(D) Vitamins

Student's Answer: Option B: Proteins

Correct Answer: Option B: Proteins

Question 2 of 10

Multiple Choice Question

What is the primary role of carbohydrates in exercise?

Available Options:

(A) Muscle repair

(B) Energy provision ← STUDENT SELECTED ← CORRECT ANSWER

(C) Hormone regulation

(D) Joint lubrication

Student's Answer: Option B: Energy provision

Correct Answer: Option B: Energy provision

Question 3 of 10

Multiple Choice Question

Which of the following is a micronutrient essential for bone health?

Available Options:

(A) Vitamin C

(B) Iron

(C) Calcium ← STUDENT SELECTED ← CORRECT ANSWER

(D) Potassium

Student's Answer: Option C: Calcium

Correct Answer: Option C: Calcium

Question 4 of 10

Multiple Choice Question

How does hydration affect athletic performance?

Available Options:

(A) Improves digestion

(B) Supports immune function

(C) Enhances energy levels ← **STUDENT SELECTED**

(D) Maintains blood volume ← CORRECT ANSWER

Student's Answer: Option C: Enhances energy levels

Correct Answer: Option D: Maintains blood volume

Question 5 of 10

Multiple Choice Question

Which nutrient is most important to consume immediately after a workout?

Available Options:

(A) Fiber

(B) Protein ← STUDENT SELECTED ← CORRECT ANSWER

(C) Fats

(D) Minerals

Student's Answer: Option B: Protein

Correct Answer: Option B: Protein

Question 6 of 10

Multiple Choice Question

What is the role of antioxidants in exercise nutrition?

Available Options:

(A) Increase muscle mass

(B) Reduce oxidative stress ← STUDENT SELECTED ← CORRECT ANSWER

(C) Promote hydration

(D) Enhance protein synthesis

Student's Answer: Option B: Reduce oxidative stress

Correct Answer: Option B: Reduce oxidative stress

Question 7 of 10

Multiple Choice Question

How can omega-3 fatty acids benefit athletes?

Available Options:

(A) Improve digestion

(B) Enhance joint health ← CORRECT ANSWER

(C) Increase endurance ← **STUDENT SELECTED**

(D) Boost immunity

Student's Answer: Option C: Increase endurance

Correct Answer: Option B: Enhance joint health

Question 8 of 10

Text Answer Question

What is the glycemic index (GI) and how does it relate to athletic performance?

Student's Answer:

The glycemic index tells us how quickly a food affects a person's blood sugar. Ingesting high-glycemic food approximately 30-60 minutes pre-competition provides athletes with rapid energy, optimizing their performance output.

Correct Answer:

The glycemic index measures how quickly foods cause blood sugar levels to rise. Low GI foods provide sustained energy, which can be beneficial for endurance athletes.

Question 9 of 10

Text Answer Question

Explain the importance of meal timing relative to exercise.

Student's Answer:

Meal timing is very important. When food is consumed 3-4 hours before exercise, the body has time to break it down into macronutrients and micronutrients, allowing the muscles and cells to absorb them for optimal performance.

Correct Answer:

Meal timing can enhance exercise performance and recovery. Consuming carbohydrates and protein before and after exercise can optimize energy levels and muscle recovery.

Question 10 of 10

Text Answer Question

Discuss how personalized nutrition can optimize exercise outcomes.

Student's Answer:

Eating high-carbohydrate food 3-4 hours before an endurance run will fuel my muscles, allowing me to compete with little or no fatigue. Repeating this activity every week will build or strengthen my VO2 max.

Correct Answer:

Personalized nutrition takes into account individual differences such as metabolism, goals, and health status, allowing for tailored strategies that can improve performance, recovery, and overall health.

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