

Module 10, Lesson 2 Quiz:

Glycogen

1. Muscle glycogen stores are affected by all of the following, except:
 - a. What you eat
 - b. When you eat
 - c. Your liver glycogen stores**
 - d. Physical activity

2. A side effect of ketogenic diets is that they can cause brain fog and that is primarily due to:
 - a. Using glycogen for fuel
 - b. Using protein for fuel
 - c. Using fat for fuel**
 - d. Using alcohol for fuel

3. What is most true about carb-loading?
 - a. It is essential to prevent hitting the wall
 - b. It may be necessary for race day, but not at other times
 - c. It is best to use highly digestible carbs, like oats, potatoes and winter squash**
 - d. It should be used instead of fueling during the event

4. Maintaining energy during a competitive event can be helpful for some athletes. Tools they may want to try to include all, except:
 - a. Sliced deli meats**
 - b. Goos
 - c. Applesauce
 - d. Gummies