
Module 10, Lesson 4 Quiz:

Aerobic & Anaerobic

1. Aerobic exercise means _____ and anaerobic exercise means _____.
 - a. Without oxygen, with oxygen
 - b. With oxygen, without oxygen**
 - c. Cardio, strength training
 - d. Low impact, high impact

2. To use fat as the primary energy source during exercise, you need to take in a lot of:
 - a. Oxygen**
 - b. Dietary fat
 - c. Carbon dioxide
 - d. Antioxidants

3. The role of exercise during weight loss requires that the person:
 - a. Do short bursts of intense exercise
 - b. Do long periods of intense exercise
 - c. Do short bursts of moderate exercise
 - d. Do long periods of moderate exercise**

4. Intense exercise that is anaerobic is good for all of the following, except:
 - a. Strength building
 - b. Cardiovascular benefits
 - c. Singing along with your tunes**
 - d. Mental health

5. When counseling a client who hasn't exercised in a while, it is most important to match them with an activity:
 - a. That will help them meet their goal the fastest
 - b. That they will enjoy and stick with**
 - c. That will give them social support
 - d. That they used to love and know how to do