

Module 10, Lesson 1 Quiz:

Definitions: Athlete vs. Exerciser

1. Figuring out if your client is an athlete or an exerciser is super important in the work you do because.
 - a. Athletes get paid to perform
 - b. Exercisers usually don't need extra caloric adjustment
 - c. **The amount, intensity and duration of the activities will dictate your recommendations**
 - d. It is never important to figure out if a client is an athlete or an exerciser because they probably will naturally compensate with food to meet their needs

2. Most recreational exercisers are doing which of the following?
 - a. Exercising an hour and a half or less a day
 - b. Working out for health and wellness but may have fitness goals
 - c. Getting their fitness in while holding down jobs or going to school
 - d. **All of the above**

3. Rehydration after an intense workout is really important for recovery. It is recommended that for every pound of weight loss through sweat, your client should consume:
 - a. 8 oz water
 - b. **16 oz water**
 - c. 32 oz water
 - d. 40 oz water

4. Replacing lost electrolytes is really important in your client's recovery. Two options for repleting lost electrolytes that are well supported by research are:
 - a. **Sports drinks and chocolate milk**
 - b. Juice and smoothies
 - c. Protein shakes and milk
 - d. Coffee and tea

5. Most clients will not be intense exercisers or athletes. Most will fall into the recreational exerciser category. For this population, what is most important in considering their nutrition as it relates to their exercise?
 - a. Increasing protein
 - b. Eating breakfast
 - c. Timing meals and snacks**
 - d. Adjusting meal plans on rest days