

Module 10, Lesson 7 Quiz:

Electrolytes

1. What is the main role of electrolytes in the body?
 - a. They regulate your hormones
 - b. They build skeletal tissue
 - c. They maintain physiology**
 - d. They help vitamins and minerals work

2. Which electrolyte imbalance is most likely to be temporary?
 - a. Kidney disease
 - b. Cirrhosis
 - c. Heart failure
 - d. Dehydration**

3. The four electrolytes to focus on the most when we're looking at physical activity are sodium, potassium, calcium and _____.
 - a. Magnesium**
 - b. Manganese
 - c. Zinc
 - d. Iron

4. True or false. Sports drinks are the best way to replete lost electrolytes and they cannot be replenished as well with foods.
 - a. True
 - b. False**

5. Which is not a sign of electrolyte depletion in exercisers and athletes?
 - a. Dizziness
 - b. Fatigue
 - c. Muscle twitches
 - d. Increased appetite**