

Module 9, Lesson 1 Quiz:

Testosterone

1. Research supports that _____ is what leads to increased fat mass and suppressed testosterone.
 - a. **A lack of muscle mass**
 - b. A lack of healthful foods
 - c. A lack of cardiovascular exercise
 - d. A lack of omega-3 fatty acids

2. Testosterone deficient men may also:
 - a. Store more calcium in their bones
 - b. Store more sex hormones
 - c. **Store more fat**
 - d. Store fewer adipose cells

3. Hypogonadism may be reversed with which of the following?
 - a. Age
 - b. **Weight loss**
 - c. Stress management
 - d. Sleep hygiene

4. Anabolic steroids used to enhance athletic ability are a group of drugs that:
 - a. Are often abused
 - b. May have weight gain as a side effect
 - c. May cause irreversible physical damage
 - d. **All of the above**