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**MULTIPLE CHOICE
QUESTION PAPER**

Paper number APNU 3.03 Please insert this reference number in the appropriate boxes on your candidate answer sheet	Time allocation 45 minutes
Title MOCK PAPER Level 3 Applying the Principles of Nutrition to a Physical Activity Programme L/600/9054	
Special Instructions This theory paper comprises questions that are indicative of the Level 3 Applying the Principles of Nutrition to a Physical Activity Programme unit. All questions are multiple-choice. Answers should be recorded as either a, b, c or d. This theory paper has 30 marks. A minimum total of 21 marks overall (70%) is required in order to pass. Important: Please do not write on this paper. Note: You may use a calculator for this assessment. THIS PAPER MUST NOT BE REMOVED FROM THE EXAM ROOM	

Q1

Which of the following organs is positioned closest to the end of the digestive tract?

- a. Oesophagus
- b. Colon
- c. Small intestine
- d. Stomach

Q2

Bile is important for the digestion of which nutrient group?

- a. Fibre
- b. Vitamins
- c. Protein
- d. Fats

Q3

Which of the following statements is an accurate definition of 'diet'?

- a. The food and drink routinely consumed
- b. Restriction of individual food groups
- c. Limiting the total intake of food and drink
- d. The consumption of certain foods at set times

Q4

The main role of fibre in the diet is to

- a. provide energy for all body functions
- b. ensure efficient gut functioning
- c. provide essential fatty acids
- d. ensure energy is released quickly from food

Q5

How would you best describe the rise in blood glucose caused by eating white bread?

- a. High and gradual
- b. Low and rapid
- c. Low and gradual
- d. High and rapid

Q6

What would you need to consume to obtain an optimum supply of phytochemicals in your diet?

- a. Different-coloured fruits and vegetables
- b. Fruit and green leafy vegetables
- c. A variety of protein sources
- d. Plenty of oily fish

Q7

Which of the following is classified as an anti-oxidant?

- a. Selenium
- b. Iron
- c. Calcium
- d. Potassium

Q8

Which of the following foods provides all the essential amino acids?

- a. Lentils
- b. Beans
- c. Nuts
- d. Fish

Q9

1g of fat provides how many kcals of energy?

- a. 4
- b. 5
- c. 7
- d. 9

Q10

Saturated fat should provide what percentage of daily energy intake?

- a. 11
- b. 21
- c. 31
- d. 41

Q11

Which of the following foods would be classified as having a high glycaemic index?

- a. Apple
- b. White rice
- c. Beans
- d. Lentils

Q12

If 100g of a food provides 6g of fat and 95 kcals, what is the percentage energy from fat in this product?

- a. 37
- b. 47
- c. 57
- d. 67

Q13

Which method of cooking is most likely to retain the optimum vitamin content of vegetables?

- a. Roasting
- b. Frying
- c. Boiling
- d. Steaming

Q14

Which hormone, influenced by the amount of fat we have in our fat cells, helps regulate metabolic rate and appetite?

- a. Leptin
- b. Insulin
- c. Ghrelin
- d. Glucagon

Q15

Which of the following professionals would be best qualified to assess, diagnose and treat diet and nutrition problems?

- a. Personal trainer
- b. Dietician
- c. Nutrition advisor
- d. Doctor (GP)

Q16

What percentage of total energy should protein provide in a healthy diet?

- a. 10-15
- b. 16-20
- c. 21-25
- d. 26-30

Q17

Approximately what percentage of the ‘eatwell plate’ is taken up by starchy foods?

- a. 10
- b. 30
- c. 50
- d. 70

Q18

The proportion of fruit and vegetables in the ‘eatwell plate’ is equal to that of

- a. meat, fish and beans
- b. milk and dairy products
- c. foods high in fat and/or sugar
- d. starchy foods

Q19

Which of the following would NOT be considered a reliable source of nutritional information?

- a. Department of Health
- b. British Dietetic Association
- c. UK Nutrition and Health Society
- d. Scientific Advisory Committee on Nutrition

Q20

Which statement below would be classified as evidence-based knowledge?

- a. Low fat products are essential in a healthy, balanced diet
- b. Saturated and unsaturated fats should be provided in the diet
- c. Fat intake should come predominantly from saturated fats
- d. Saturated fats should be eliminated from the diet

Q21

What level of nutritional advice should a personal trainer be delivering to clients?

- a. Recommendations in line with healthy eating guidelines including advice on supplements
- b. Recommendations in line with healthy eating guidelines including for someone recovering from illness and advice on supplements
- c. Recommendations in line with healthy eating guidelines including for someone recovering from illness
- d. Recommendations covering quantity and quality of foods in line with healthy eating guidelines

Q22

A diet severely restricted in energy can result in

- a. a decrease in the rate of gluconeogenesis
- b. a decrease in metabolic rate
- c. an increase in fat-burning potential
- d. an increase in muscle glycogen

Q23

A diet adequate in calories but very low in fat can lead to

- a. constipation
- b. a hormone imbalance
- c. low blood glucose levels
- d. a loss of lean muscle tissue

Q24

Which of the following religious groups only consumes meat which is Halal?

- a. Christian
- b. Hindu
- c. Muslim
- d. Buddhist

Q25

Under which of the following circumstances would you advise your client to take a vitamin supplement?

- a. After analysing their food diary
- b. When they are feeling tired or run down
- c. Under no circumstances
- d. When you have been working with them for several months

Q26

Which statement is correct in relation to muscle glycogen stores?

- a. Muscle glycogen stores can last for 24 hours without being topped up
- b. When muscle glycogen becomes depleted it can be replenished by stores from other muscles
- c. Muscle glycogen stores can last up to 12 hours without being topped up
- d. Muscle glycogen stores are used exclusively by the muscle in which they are stored

Q27

Which of the following defines BMR?

- a. An individual's basic requirement of energy during exercise
- b. An individual's total body mass
- c. An individual's basic requirement of energy at rest
- d. An individual's lean body mass

Schofield Calculation**Men**

$$10 - 17 \text{ years BMR} = 17.7 \times W + 657$$

$$18 - 29 \text{ years BMR} = 15.1 \times W + 692$$

$$30 - 59 \text{ years BMR} = 11.5 \times W + 873$$

Women

$$10 - 17 \text{ years BMR} = 13.4 \times W + 692$$

$$18 - 29 \text{ years BMR} = 14.8 \times W + 487$$

$$30 - 59 \text{ years BMR} = 8.3 \times W + 846$$

Key

W = Body weight in kilograms

Physical Activity Factor:

BMR x 1.4 inactive men and women

BMR x 1.6 moderately active women

BMR x 1.7 moderately active men

BMR x 1.8 very active women

BMR x 1.9 very active men

Q28

Using the Schofield calculation, what is the basal metabolic rate (BMR) in kcals (to the nearest whole number) of a male, aged 29 years, weighing 75kg?

- a. 1675
- b. 1725
- c. 1825
- d. 1875

Q29

If basal metabolic rate (BMR) is 1975 kcals for an inactive person, what is their total energy requirement (kcals) for one day?

- a. 2365
- b. 2565
- c. 2765
- d. 2965

Q30

Which of the following activities is more likely to burn the most energy per minute?

- a. Brisk walking
- b. High intensity aerobics class
- c. Moderate intensity weight lifting
- d. Race cycling