



**When Diet and Exercise Aren't Enough
CEU Quiz (NASM 0.1 CEU)**

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Source: www.dotfit.com → Fitness Vault → Weight Loss → Articles → [“When Diet and Exercise...”](http://www.dotfit.com/content-1568.html) Article Link: <http://www.dotfit.com/content-1568.html>

1. The goal of incorporating a dietary supplement or drug into a weight loss program is to:
- a. Insure program compliance
 - b. Assist the participant with program compliance
 - c. Prevent the participant from over-eating
 - d. Insure a high calorie burn

2. When fat loss products do work it is by one or more of which of the following?
- a. Increased lean body mass, increased energy expenditure, decreased calorie consumption
 - b. Appetite control, increased energy expenditure, decreased carbohydrate consumption
 - c. Appetite control, increased lean body mass, decreased calorie consumption
 - d. Appetite control, increased energy expenditure, decreased calorie consumption

3. Hunger is defined as the desire to eat.
- a. True
 - b. False

4. The main feeding center of the brain is the:
- a. Pituitary
 - b. Medulla
 - c. Hypothalamus
 - d. Cerebellum

5. While there are myriad factors that influence appetite, what two hormones have emerged as key players?
- Leptin & Ghrelin
 - Leptin & Serotonin
 - Serotonin & Cholecystikinin
 - Leptin & Cholecystikinin

6. The acronym SPA stands for? (fill in)

7. The oldest, safest and best known compound that increases energy expenditure and fat loss is?
- EGCG
 - Caffeine
 - Ephedrine
 - Capsaicin

8. _____ is a prescription drug used to prevent the absorption of a portion of dietary fat.
- Phase 2
 - Alli
 - Orlistat
 - Rhododendron caucasicum

9. Phase 2 contains phaseolamin, which can block a portion of fat absorption by blocking the action of alpha amylase.
- True
 - False

10. Rhododendron caucasicum has been shown to decrease the body's absorption of dietary fat by inhibiting gastrointestinal lipase.
- True
 - False



Please note: 8 of 10 questions must be answered correctly for CEU award (80%)

Send your completed quiz:

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