

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

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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

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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

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

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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?

- a. Leptin & Ghrelin
- b. Leptin & Serotonin
- c. Serotonin & Cholecystikinin
- d. 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?

- a. EGCG
- b. Caffeine
- c. Ephedrine
- d. Capsaicin

☐ 8. _____ is a prescription drug used to prevent the absorption of a portion of dietary fat.

- a. Phase 2
- b. Alli
- c. Orlistat
- d. Rhododendron caucasicum

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

- a. True
- b. False

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

- a. True
- b. False

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

Send your completed quiz:

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