Board Certified Specialist in Sports Dietetics Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

Questions

1. **What is the lowest position on the football field in terms of body fat percentage?**
   - **A. Receivers**
   - **B. Quarterbacks**
   - **C. Defensive Backs**
   - **D. Linebackers**

2. **Which vitamin is primarily involved in calcium metabolism?**
   - **A. Vitamin A**
   - **B. Vitamin C**
   - **C. Vitamin D**
   - **D. Vitamin E**

3. **What type of foods can exacerbate GERD symptoms?**
   - **A. Non-citrus fruits**
   - **B. Acidic foods**
   - **C. Whole grains**
   - **D. Vegetables**

4. **What is one of the oxygen-carrying nutrients of concern mentioned?**
   - **A. Calcium**
   - **B. Folic Acid**
   - **C. Magnesium**
   - **D. Vitamin K**

5. **What is the daily protein requirement for strength athletes?**
   - **A. 1.2 - 1.4 g/kg/day**
   - **B. 1.4 - 1.5 g/kg/day**
   - **C. 1.6 - 1.7 g/kg/day**
   - **D. 1.8 - 2.0 g/kg/day**

6. Why might an athlete need to adjust their carbohydrate intake?

- **A. To match their rest and activity levels**
- **B. To maintain a constant level every day**
- **C. To decrease their weight rapidly**
- **D. To adhere to a specific diet trend**

7. What is glycogen loading?

- **A. A diet low in carbohydrates**
- **B. A strategy to maximize glycogen stores before endurance events**
- **C. A method to reduce fat intake before competition**
- **D. A technique to improve hydration**

8. What is the recommended daily water intake for athletes?

- **A. 2-3 liters depending on exercise**
- **B. 3-4 liters depending on activity levels**
- **C. 4-5 liters regardless of conditions**
- **D. 1-2 liters as a standard**

9. What is a dietary consideration for athletes undergoing significant weight loss?

- **A. Limiting protein intake to reduce calories**
- **B. Adequate protein intake to preserve lean muscle mass**
- **C. Maximizing fat intake for energy**
- **D. Focus solely on carbohydrate reduction**

10. What does the acronym NCAA stand for?

- **A. National Collegiate Athletic Association**
- **B. National Council for Athletic Competitions**
- **C. National Company of Athletic Associations**
- **D. National Coalition of Athletic Coaches**

Answers

1. C
2. C
3. B
4. B
5. C
6. A
7. B
8. B
9. B
10. A

Explanations

1. What is the lowest position on the football field in terms of body fat percentage?

A. Receivers

B. Quarterbacks

C. Defensive Backs

D. Linebackers

Defensive backs typically have the lowest body fat percentage on the football field due to their specific role and requirements for performance. These athletes are often characterized by their speed, agility, and ability to change direction quickly, which necessitates a higher level of lean muscle mass relative to body fat. In football, players in positions such as defensive backs need to excel in quick bursts of speed and explosive movements to effectively cover receivers and tackle opponents. This requires a lean physique that supports optimal athletic performance while minimizing excess weight that could impede agility. In contrast, other positions often require more mass and strength to effectively engage in physical confrontations. For instance, linebackers may have a higher percentage of body fat because they need additional muscle mass to deal with blockers and make tackles. Quarterbacks may have varying body compositions depending on their playing style, but generally, they require enough bulk to withstand hits while still maintaining mobility. Receivers, while needing speed and agility like defensive backs, can sometimes carry slightly higher body fat percentages owing to their size and strength needs during contested plays. This distinction in required physical attributes underscores why defensive backs typically maintain a lower body fat percentage compared to players in other positions.

2. Which vitamin is primarily involved in calcium metabolism?

A. Vitamin A

B. Vitamin C

C. Vitamin D

D. Vitamin E

Vitamin D plays a critical role in calcium metabolism, which is essential for maintaining healthy bones and supporting various bodily functions. It facilitates the absorption of calcium from the diet in the intestines and helps regulate the levels of calcium and phosphorus in the blood. Without adequate vitamin D, the body struggles to absorb calcium effectively, which can lead to weakened bones and conditions such as osteoporosis or rickets in children. Vitamin D also influences the way the body stores calcium and works alongside parathyroid hormone to ensure that calcium levels remain balanced. It's particularly significant in the context of exercise and sports, as adequate calcium levels are crucial for muscle contraction and overall athletic performance. Other vitamins such as A, C, and E do not have a primary role in calcium metabolism, though they are important for various other bodily functions, including immune function and acting as antioxidants. However, none of them significantly impact the absorption or regulation of calcium to the extent that vitamin D does.

3. What type of foods can exacerbate GERD symptoms?

A. Non-citrus fruits

B. Acidic foods

C. Whole grains

D. Vegetables

Acidic foods are known to exacerbate GERD (Gastroesophageal Reflux Disease) symptoms due to their potential to increase stomach acidity and relax the lower esophageal sphincter. When the lower esophageal sphincter is relaxed, it can allow stomach acid to flow back up into the esophagus, leading to symptoms such as heartburn, regurgitation, and discomfort. Foods that are highly acidic include tomatoes, citrus fruits, and vinegar, all of which can provoke or worsen the symptoms for those who are sensitive to acid reflux. In contrast, non-citrus fruits, whole grains, and vegetables are generally considered more soothing to the digestive system and less likely to trigger GERD symptoms. Non-citrus fruits, such as bananas or melons, tend to be lower in acidity. Whole grains provide fiber that can aid digestion, and many vegetables are alkaline-forming, which might help neutralize stomach acid and improve overall gastrointestinal health. Thus, the choice of acidic foods as contributing factors to GERD emphasizes the importance of dietary management in mitigating symptoms.

4. What is one of the oxygen-carrying nutrients of concern mentioned?

A. Calcium

B. Folic Acid

C. Magnesium

D. Vitamin K

Folic acid is recognized as an important nutrient in the context of oxygen transport because it plays a crucial role in the production of red blood cells. Adequate folate levels are essential for the process of red blood cell formation in the bone marrow, which in turn is vital for transporting oxygen throughout the body. When red blood cell production is efficient, the body can maintain optimal oxygen delivery to tissues, which is particularly critical for athletes and individuals engaged in physical activity. In the context of sports dietetics, ensuring sufficient folic acid intake can help prevent anemia and enhance overall performance by supporting effective oxygen transport. This nutrient is often of specific concern in populations where inadequate dietary intake may lead to deficiencies, potentially impacting energy levels and athletic performance. Other nutrients, while important for various bodily functions, do not have the same direct role in oxygen transport as folic acid does. Calcium and magnesium are primarily known for their roles in bone health and muscle function, while vitamin K is essential for blood clotting and has less relevance to red blood cell production and oxygen transport. Thus, folic acid stands out as a key nutrient of concern when discussing oxygen-carrying capabilities within the body.

5. What is the daily protein requirement for strength athletes?

A. 1.2 - 1.4 g/kg/day

B. 1.4 - 1.5 g/kg/day

C. 1.6 - 1.7 g/kg/day

D. 1.8 - 2.0 g/kg/day

Strength athletes typically have higher protein requirements compared to the general population due to the demands of their training and the need for muscle repair and growth. The recommendation of 1.6 - 1.7 grams of protein per kilogram of body weight per day is based on evidence suggesting that this amount helps optimize muscle protein synthesis, supports recovery, and enhances performance. Research indicates that consuming protein within this range aids in muscle recovery after intense strength training sessions. Additionally, this level of intake effectively supports adaptations to strength training, which includes increases in muscle size, strength, and function. While lower protein intakes may suffice for general fitness or endurance athletes, the specific needs of strength athletes necessitate the higher intake mentioned. This is vital for competitive athletes aiming to maximize their strength gains and overall performance, as protein consumption plays a critical role in an athlete's diet for recovery and muscle adaptation.

6. Why might an athlete need to adjust their carbohydrate intake?

A. To match their rest and activity levels

B. To maintain a constant level every day

C. To decrease their weight rapidly

D. To adhere to a specific diet trend

An athlete may need to adjust their carbohydrate intake primarily to match their rest and activity levels, which is crucial for optimizing performance and recovery. Carbohydrates serve as a primary energy source for athletes, especially during high-intensity training and competition. When an athlete engages in rigorous training or competition, their carbohydrate needs increase to fuel their energy demands. Conversely, on rest days or lighter training days, the energy expenditure is lower, allowing for a reduction in carbohydrate intake. This cyclical adjustment helps ensure that glycogen stores are adequately replenished when needed, while avoiding excess carbohydrate consumption when energy demands are not as high. This personalized approach to carbohydrate intake also aids in maintaining optimal body composition and energy balance, supporting performance while preventing unnecessary weight gain from surplus energy intake. On the other hand, attempting to maintain a constant carbohydrate level every day may not align with the varying energy requirements throughout the training cycle. Rapid weight loss strategies or strict adherence to specific diet trends may not consider the athlete's specific energy needs, which can negatively impact performance and recovery. Adjusting carbohydrate intake in accordance with activity levels promotes a balanced and effective nutrition strategy for athletes.

7. What is glycogen loading?

A. A diet low in carbohydrates

B. A strategy to maximize glycogen stores before endurance events

C. A method to reduce fat intake before competition

D. A technique to improve hydration

Glycogen loading, also known as carbohydrate loading, is a dietary strategy designed to maximize the storage of glycogen, the body's primary energy source for endurance activities. This technique is particularly beneficial for athletes participating in events lasting longer than 90 minutes, such as marathons or long-distance cycling events. The process typically involves a few days of a carbohydrate-rich diet, often paired with a tapering of exercise intensity and volume. This allows the muscles to store as much glycogen as possible, leading to enhanced endurance performance. When glycogen stores are fuller, athletes experience improved endurance, reduced fatigue, and optimized performance. The other options do not accurately describe glycogen loading. A low carbohydrate diet would not facilitate glycogen storage; rather, it would deplete these stores. Reducing fat intake does not have a direct correlation with glycogen maximization, nor does hydration alone improve glycogen storage. Therefore, the focus on carbohydrate consumption and the strategic planning around exercise intensity are crucial elements of glycogen loading.

8. What is the recommended daily water intake for athletes?

A. 2-3 liters depending on exercise

B. 3-4 liters depending on activity levels

C. 4-5 liters regardless of conditions

D. 1-2 liters as a standard

The recommended daily water intake for athletes is typically around 3-4 liters, and this amount can vary based on individual activity levels, environmental conditions, and the type of sport being practiced. Athletes tend to lose significant amounts of water through sweat during exercise, and their hydration needs can increase depending on the intensity and duration of their physical activity. This level of intake helps ensure proper hydration, which is crucial for maintaining performance, supporting recovery, and preventing dehydration. The body's fluid requirements can fluctuate throughout the day based on factors such as training frequency, climate (hot or humid weather may increase sweat loss), and individual differences such as body size and metabolism. Therefore, the recommendation of 3-4 liters offers a flexible guideline that accounts for these various factors, allowing athletes to adjust their fluid intake as needed to stay adequately hydrated and perform at their best. This is essential in the context of athletic performance, where even mild dehydration can impact physical capabilities and overall health.

9. What is a dietary consideration for athletes undergoing significant weight loss?

A. Limiting protein intake to reduce calories

B. Adequate protein intake to preserve lean muscle mass

C. Maximizing fat intake for energy

D. Focus solely on carbohydrate reduction

Adequate protein intake is crucial for athletes undergoing significant weight loss because it helps preserve lean muscle mass during a calorie deficit. When an athlete reduces calorie intake for weight loss, there is a risk of losing muscle along with fat. Protein plays a key role in muscle repair and growth, so ensuring sufficient consumption can help mitigate muscle loss, support recovery, and maintain overall strength and performance. In addition, a higher protein intake might help maintain satiety, which can be beneficial when reducing overall calorie consumption. This strategy is particularly important in sports nutrition, where muscle mass is vital for optimal performance. Keeping protein levels adequate while losing weight supports the athlete's body composition goals without sacrificing their lean tissue.

10. What does the acronym NCAA stand for?

A. National Collegiate Athletic Association

B. National Council for Athletic Competitions

C. National Company of Athletic Associations

D. National Coalition of Athletic Coaches

The acronym NCAA stands for National Collegiate Athletic Association. This organization is the principal governing body for college athletics in the United States, overseeing the rules and regulations of college sports, managing championships, and setting standards for athlete eligibility. The NCAA plays a crucial role in ensuring fair competition and the integrity of collegiate sports, providing a framework that includes scholarships, athlete welfare, and compliance with academic standards. The other options do not accurately reflect the established organization responsible for collegiate athletics. The phrase "National Council for Athletic Competitions" suggests a focus on athletic competitions only but fails to capture the broader governance and educational mission of the NCAA. Similarly, "National Company of Athletic Associations" and "National Coalition of Athletic Coaches" are not recognized names within the realm of collegiate sports, missing the important aspects of academic integration and comprehensive athletic regulation that the NCAA embodies. Understanding the correct title helps clarify the organization's role and significance within the sports landscape at the collegiate level.