

Board Certified Specialist in Sports Dietetics Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

- 1. What is the recommended duration for carbohydrate consumption after exercise?**
 - A. Immediately after exercise**
 - B. Within 1-3 hours after exercise**
 - C. Within 30 minutes to 2 hours post-exercise**
 - D. Within 24 hours after exercise**
- 2. How can increased vitamin C intake benefit athletes?**
 - A. Helps reduce muscle soreness**
 - B. May prevent upper respiratory infections**
 - C. Increases protein synthesis**
 - D. Improves hydration status**
- 3. What is the primary role of a sports dietitian?**
 - A. To optimize athletic performance and health through nutrition**
 - B. To provide psychological counseling for athletes**
 - C. To develop training programs for athletes**
 - D. To conduct physical assessments for sports teams**
- 4. What is the recommended ratio of carbohydrates to protein for athletes post-exercise?**
 - A. 1:1**
 - B. 3:1**
 - C. 1:3**
 - D. 2:1**
- 5. What is the recommended carbohydrate intake per kilogram of body weight around the due date?**
 - A. 5 g/kg/day**
 - B. 8 g/kg/day**
 - C. 10 g/kg/day**
 - D. 12 g/kg/day**

- 6. What is the carbohydrate recommendation for low intensity or skill-based activity?**
- A. 3-5 g/kg**
 - B. 5-7 g/kg**
 - C. 6-10 g/kg**
 - D. 8-12 g/kg**
- 7. For speedy refueling post-exercise, what is the carbohydrate recommendation?**
- A. 0.5 - 0.8 g/kg**
 - B. 1 - 1.2 g/kg**
 - C. 1.5 - 2.0 g/kg**
 - D. 2 - 2.5 g/kg**
- 8. What is the daily calorie recommendation for weight gain in women?**
- A. 200 - 300 cal/day**
 - B. 300 - 400 cal/day**
 - C. 400 - 500 cal/day**
 - D. 500 - 600 cal/day**
- 9. What electrolyte concentration is typically measured in sweat?**
- A. Calcium**
 - B. Phosphorus**
 - C. Sodium**
 - D. Zinc**
- 10. What is considered the daily carbohydrate recommendation for endurance training athletes like runners?**
- A. 7 g/kg**
 - B. 10 g/kg**
 - C. 5 - 7 g/kg**
 - D. 6 - 8 g/kg**

Answers

SAMPLE

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

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Explanations

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1. What is the recommended duration for carbohydrate consumption after exercise?

- A. Immediately after exercise**
- B. Within 1-3 hours after exercise**
- C. Within 30 minutes to 2 hours post-exercise**
- D. Within 24 hours after exercise**

The recommended duration for carbohydrate consumption after exercise focuses on optimizing glycogen replenishment and supporting recovery. Consuming carbohydrates within 30 minutes to 2 hours post-exercise is crucial because this time frame aligns with a period of heightened insulin sensitivity, allowing for more effective uptake of glucose into muscle cells. This is often referred to as the "golden window" for recovery nutrition. During this post-exercise period, muscles are particularly receptive to glucose, which is vital for restoring glycogen stores that have been depleted during exercise. By consuming carbohydrates within this timeframe, athletes can enhance their recovery, reduce muscle soreness, and improve future performance. This guideline is particularly relevant for those engaging in prolonged or intense exercise where glycogen depletion is significant. While consuming carbohydrates immediately after exercise is beneficial, the more nuanced recommendation emphasizes a 30-minute to 2-hour window that also accounts for the body's ongoing recovery processes. Keeping the carbohydrate intake within this specific period ensures not only glycogen replenishment but also supports muscle repair and overall recovery.

2. How can increased vitamin C intake benefit athletes?

- A. Helps reduce muscle soreness**
- B. May prevent upper respiratory infections**
- C. Increases protein synthesis**
- D. Improves hydration status**

Increased vitamin C intake can benefit athletes primarily by potentially preventing upper respiratory infections. Athletes often experience a temporary decrease in immune function after intense physical activity, which can make them susceptible to illnesses, especially upper respiratory infections. Studies suggest that adequate vitamin C intake may enhance immune responses and contribute to a lower incidence of these infections in athletes. Vitamin C plays a critical role in supporting the immune system by aiding in the function of various immune cells and acting as an antioxidant. This might help mitigate some of the oxidative stress associated with strenuous exercise, thereby bolstering an athlete's overall immune health and reducing the likelihood of illness. Other options, while they may relate to beneficial aspects of nutrition for athletes, do not align as closely with the specific benefits of vitamin C. For instance, while vitamin C has been studied in the context of muscle soreness, its direct effects on soreness are not as pronounced as its immune support role. Similarly, there is limited evidence to suggest that vitamin C directly increases protein synthesis or plays a role in improving hydration status. Thus, the most supported benefit of increased vitamin C intake in athletes is its potential to help prevent upper respiratory infections.

3. What is the primary role of a sports dietitian?

- A. To optimize athletic performance and health through nutrition**
- B. To provide psychological counseling for athletes**
- C. To develop training programs for athletes**
- D. To conduct physical assessments for sports teams**

The primary role of a sports dietitian is to optimize athletic performance and health through nutrition. This involves understanding the specific energy, macronutrient, and micronutrient needs of athletes and translating that knowledge into practical dietary strategies that enhance performance, aid recovery, and promote overall health. Sports dietitians work closely with athletes to create individualized nutrition plans that take into account their training regimens, competition schedules, and personal preferences to ensure they receive the right nutrients at the right times. In contrast, while psychological counseling can play a role in an athlete's overall well-being, it is not the main focus of a sports dietitian. Similarly, the development of training programs and conducting physical assessments are typically functions associated with coaches or strength and conditioning professionals rather than a sports dietitian's core responsibilities. The specialization in nutrition allows sports dietitians to uniquely contribute to an athlete's success by emphasizing the importance of diet in achieving peak performance.

4. What is the recommended ratio of carbohydrates to protein for athletes post-exercise?

- A. 1:1**
- B. 3:1**
- C. 1:3**
- D. 2:1**

The recommended ratio of carbohydrates to protein for athletes post-exercise is often cited as 3:1. This ratio is particularly emphasized for recovery because post-exercise, athletes need to replenish glycogen stores (the carbohydrate energy reserves) that have been depleted during physical activity. Additionally, protein plays a crucial role in muscle repair and recovery, as it provides the amino acids necessary for the rebuilding of muscle tissues. The 3:1 ratio is specifically designed to ensure that athletes not only adequately supply energy through carbohydrates but also support muscle recovery through sufficient protein intake. Consuming carbohydrates at this higher proportion helps to maximize glycogen resynthesis, providing the energy needed for subsequent training sessions or competitions. The protein assists in mitigating muscle breakdown and encourages repair processes, which are essential following intense exercise. Understanding this ratio is vital for athletes aiming to optimize recovery and prepare for their next performance, thus aligning with evidence-based recommendations in sports nutrition.

5. What is the recommended carbohydrate intake per kilogram of body weight around the due date?

- A. 5 g/kg/day**
- B. 8 g/kg/day**
- C. 10 g/kg/day**
- D. 12 g/kg/day**

The recommended carbohydrate intake for athletes or individuals in intensive training around the due date is 8 grams per kilogram of body weight per day. This intake supports optimal energy levels, aids in glycogen replenishment, and enhances recovery following strenuous exercise, which is particularly important as athletes prepare for peak performance times, such as an event or competition. A carbohydrate intake of around 8 g/kg/day is consistent with guidelines that suggest athletes should consume sufficient carbohydrates to fuel their training sessions, sustain their energy levels, and support muscle recovery. This amount ensures that they maintain their performance while also accommodating the needs of their bodies, which may be heightened around significant training periods or competitions. Intakes lower than 8 g/kg (like 5 g/kg) may not provide adequate energy to support high-intensity and prolonged activities, while very high intakes (like 10 g/kg or 12 g/kg) may not be necessary for most athletes and could lead to excess calorie consumption or imbalance in macronutrient intake. Thus, 8 g/kg exists as a well-supported recommendation for carbohydrate needs during this critical period.

6. What is the carbohydrate recommendation for low intensity or skill-based activity?

- A. 3-5 g/kg**
- B. 5-7 g/kg**
- C. 6-10 g/kg**
- D. 8-12 g/kg**

For low intensity or skill-based activities, the carbohydrate recommendation is indeed in the range of 3-5 grams per kilogram of body weight. This amount is appropriate because such activities do not heavily deplete glycogen stores, nor do they require the higher carbohydrate availability necessary for more intense training or endurance events. The body primarily uses fat as a fuel source during low-intensity exercise, and the energy demands are generally lower compared to activities that require sustained high-intensity effort. As a result, a moderate amount of carbohydrates is adequate to support energy needs and maintain performance without excessive intake that could lead to unnecessary weight gain or gastrointestinal discomfort. This carbohydrate range allows for sufficient glycogen replenishment while ensuring that athletes or individuals involved in skill-based sports can perform optimally without overloading their systems.

7. For speedy refueling post-exercise, what is the carbohydrate recommendation?

- A. 0.5 - 0.8 g/kg
- B. 1 - 1.2 g/kg**
- C. 1.5 - 2.0 g/kg
- D. 2 - 2.5 g/kg

The recommendation for carbohydrate intake post-exercise focuses on supporting glycogen restoration in the muscles and liver effectively and efficiently. Consuming 1 to 1.2 grams of carbohydrates per kilogram of body weight within the first hour after exercise is ideal for maximizing glycogen synthesis. This range has been substantiated by research indicating that this specific amount enhances recovery and replenishes glycogen stores more effectively. Within the context of physical activity, rapidly available carbohydrates facilitate the re-synthesis of glycogen, which is crucial for athletes who may engage in subsequent bouts of exercise. The timing of carbohydrate intake is equally important; consuming the recommended amount soon after exercise can capitalize on the body's heightened sensitivity to insulin and increased glycogen synthesis rates during this recovery window. Other options suggest higher carbohydrate intake amounts that may not be as efficient for most athletes, particularly after typical endurance or resistance training. While they might be beneficial in specific scenarios involving prolonged or highly intense activity, the primary post-exercise refueling recommendation aligns closely with the 1 to 1.2 g/kg guideline to meet most athletes' needs for recovery.

8. What is the daily calorie recommendation for weight gain in women?

- A. 200 - 300 cal/day
- B. 300 - 400 cal/day**
- C. 400 - 500 cal/day
- D. 500 - 600 cal/day

For women looking to gain weight, a daily calorie surplus is essential to promote muscle gain and overall body weight increase. The recommendation of 300 to 400 calories extra per day serves as a balanced guideline for moderate weight gain, allowing for gradual increases without excessive fat accumulation. This range is generally considered effective because it strikes a balance between providing enough surplus to support muscle growth and avoiding the pitfalls associated with rapid weight gain, such as increased fat storage or health issues. This guideline considers factors such as metabolism, activity level, and individual variations in caloric needs. Since weight gain should ideally come from a combination of increased caloric intake along with strength training, a moderate surplus is beneficial to ensure that the majority of weight gained comes from lean mass rather than excess fat. Understanding caloric requirements for weight gain is crucial for creating tailored nutrition plans, particularly for athletes and active individuals. Consequently, 300 to 400 calories appears to be a well-supported figure for sustainable weight gain in women.

9. What electrolyte concentration is typically measured in sweat?

- A. Calcium**
- B. Phosphorus**
- C. Sodium**
- D. Zinc**

Sodium is the primary electrolyte that is typically measured in sweat. When the body exercises or is subjected to heat, it regulates temperature through perspiration. Sweat consists mostly of water, but it also contains electrolytes, with sodium being the most abundant. The concentration of sodium in sweat can vary depending on several factors, including individual physiology, fitness level, hydration status, and environmental conditions. The loss of sodium through sweat can have significant implications for athletes, as it plays a crucial role in various physiological functions including fluid balance, muscle contraction, and nerve function. Therefore, it's essential for athletes and those engaging in prolonged or intense physical activities to monitor and replenish sodium levels to maintain optimal performance and prevent issues such as hyponatremia, which can arise from excessive sodium loss without adequate replacement. In the context of sweat analysis for athletes, calcium, phosphorus, and zinc are present in much lower concentrations, making them less significant for sweat analysis compared to sodium. This distinction makes sodium the critical electrolyte to focus on for hydration strategies in sports nutrition.

10. What is considered the daily carbohydrate recommendation for endurance training athletes like runners?

- A. 7 g/kg**
- B. 10 g/kg**
- C. 5 - 7 g/kg**
- D. 6 - 8 g/kg**

The daily carbohydrate recommendation for endurance training athletes, such as runners, is crucial for maintaining energy levels and optimizing performance. While various guidelines exist, the recommended intake for endurance athletes is typically in the range of 6 to 10 grams per kilogram of body weight daily, depending on the duration and intensity of their training. Specifically, an intake of about 7 grams per kilogram of body weight would be more suitable for athletes engaging in lower-intensity training or those with less overall training volume. However, for those training at higher intensities or for extended durations, the carbohydrate needs can escalate up to 10 grams per kilogram. This range ensures that athletes have adequate glycogen stores in their muscles, which is vital for sustained energy output during long training sessions or competitions. When categorizing endurance training athletes, it's clear that the most accepted recommendation aligns with the higher end of this spectrum, especially when considering the varied demands of different training regimens. Therefore, to support optimal performance, endurance athletes should aim for around 6 to 10 g/kg of carbohydrates daily, with 10 g/kg catering to those at the peak of their training. In summary, while 7 g/kg could be seen as a baseline, for those engaged in rigorous