

Board Certified Specialist in Sports Dietetics Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Don't worry about getting everything right, your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations, and take breaks to retain information better.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning.

7. Use Other Tools

Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly — adapt the tips above to fit your pace and learning style. You've got this!

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Questions

- 1. Describe the concept of nutrient timing.**
 - A. Eating high amounts of protein every hour**
 - B. Consuming specific nutrients at optimal times to enhance recovery, muscle gain, and performance**
 - C. Synchronizing meals with workout times only**
 - D. Loading carbohydrates two days before competition**
- 2. What is the formula to calculate target body weight based on desired body fat percentage?**
 - A. Current weight x (1 - % Desired BF)**
 - B. Current FFM / % Desired BF**
 - C. Current FFM / (1 - % Desired BF)**
 - D. (Current weight - % Desired BF) x Current FFM**
- 3. Which of the following is an inhibitor of iron absorption?**
 - A. Sugars**
 - B. Phytates**
 - C. Vitamin C**
 - D. Omega-3 fatty acids**
- 4. What is considered an optimal level of Vitamin D?**
 - A. 20 ng/mL**
 - B. 25 ng/mL**
 - C. 30 ng/mL**
 - D. 35 ng/mL**
- 5. How much carbohydrate can enhance endurance performance by 14% when consumed prior to exercise?**
 - A. 1 - 2 g**
 - B. 1 - 4 g**
 - C. 4 - 8 g**
 - D. 8 - 12 g**

- 6. What condition results from excessive training and can lead to short-term performance decrements?**
- A. Overtraining**
 - B. Overreaching**
 - C. Fatigue syndrome**
 - D. Exhaustion**
- 7. What is a key benefit of consuming high-quality protein for athletes?**
- A. It increases body fat levels.**
 - B. It enhances muscle repair after strenuous activity.**
 - C. It solely promotes weight gain.**
 - D. It diminishes stamina during performances.**
- 8. Which of the following nutrients plays a crucial role in immune function for athletes?**
- A. Vitamins A, C, D, and minerals like zinc and selenium.**
 - B. Sugar and saturated fats.**
 - C. Carbohydrates and alcohol.**
 - D. Only protein supplements.**
- 9. In managing the Female Athlete Triad, which factor is essential to address?**
- A. Low athletic performance**
 - B. Low energy availability**
 - C. High stress levels**
 - D. Increased athletic training**
- 10. What is the best indicator of hydration status?**
- A. Body weight**
 - B. Thirst level**
 - C. Urine color**
 - D. Heart rate**

Answers

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

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Explanations

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1. Describe the concept of nutrient timing.

- A. Eating high amounts of protein every hour
- B. Consuming specific nutrients at optimal times to enhance recovery, muscle gain, and performance**
- C. Synchronizing meals with workout times only
- D. Loading carbohydrates two days before competition

Nutrient timing refers to the strategic timing of nutrient intake, particularly around workouts, to maximize recovery, support muscle protein synthesis, and enhance athletic performance. The focus of nutrient timing is not only on what foods or supplements are consumed but when they are consumed in relation to physical activity. This includes consuming specific nutrients, such as proteins, carbohydrates, and fats, at optimal times throughout the day, with heightened emphasis on the pre- and post-exercise windows. For example, ingesting carbohydrates and proteins before exercise can help fuel performance, while consuming them afterward can aid in recovery and muscle repair. This concept incorporates a broader perspective than simply eating certain foods frequently or aligning meals only with exercise schedules. It considers the body's metabolic responses and windows of opportunity for nutrient utilization effectively. Therefore, the practice encourages athletes to plan their nutritional intake around their training and competition schedules to promote better adaptations and improvements in performance.

2. What is the formula to calculate target body weight based on desired body fat percentage?

- A. Current weight x (1 - % Desired BF)
- B. Current FFM / % Desired BF
- C. Current FFM / (1 - % Desired BF)**
- D. (Current weight - % Desired BF) x Current FFM

The formula for calculating target body weight based on a desired body fat percentage is determined by the relationship between fat mass, fat-free mass (FFM), and the desired body fat percentage. The correct formula utilizes the current fat-free mass and the desired body fat percentage to find the target weight. To understand why the selected formula is accurate, it starts with recognizing that if you know your current FFM, you can maintain that lean mass while calculating how much of your target weight should be fat mass. The formula takes the current FFM and divides it by the proportion of the body that is desired to be fat-free, which is represented as (1 - % Desired BF). Because the desired body fat percentage is intended to reflect how much fat one aims to maintain relative to the total body weight, dividing the current FFM by (1 - % Desired BF) yields the overall target body weight. Using this formula correctly assumes that the individual will maintain their lean body mass while adjusting for fat mass to reach the desired body fat percentage, which is a crucial aspect in body composition goals. By calculating it this way, one can accurately predict the target weight that aligns with the desired reduction in body fat while preserving lean mass.

3. Which of the following is an inhibitor of iron absorption?

- A. Sugars
- B. Phytates**
- C. Vitamin C
- D. Omega-3 fatty acids

Phytates are known to inhibit iron absorption due to their ability to bind to iron in the gastrointestinal tract. They are naturally occurring compounds found in many plant foods, particularly in whole grains, legumes, nuts, and seeds. Phytates can form insoluble complexes with iron, making it less available for absorption in the intestinal lining. This is particularly important for individuals relying on plant-based sources of iron (non-heme iron), as the presence of phytates can significantly reduce the amount of iron that is absorbed into the bloodstream. On the other hand, sugars, while they may influence digestive processes, do not specifically target iron absorption negatively. Vitamin C, in fact, enhances iron absorption by reducing ferric iron to ferrous iron, a more absorbable form. Omega-3 fatty acids are primarily known for their benefits in heart health and inflammation and do not have a substantial effect on iron absorption. Thus, phytates are specifically recognized as inhibitors of iron absorption, making them the correct choice in this context.

4. What is considered an optimal level of Vitamin D?

- A. 20 ng/mL
- B. 25 ng/mL
- C. 30 ng/mL**
- D. 35 ng/mL

An optimal level of vitamin D is commonly considered to be around 30 ng/mL as it is associated with various health benefits, including bone health, immune function, and muscle strength. This level is generally accepted in clinical practice as sufficient to maintain overall health and prevent deficiency-related diseases. Vitamin D plays a crucial role in calcium absorption and bone mineralization, and maintaining levels above this threshold can help prevent issues like rickets in children and osteoporosis in adults. Levels below this mark may not provide adequate support for these essential functions. Higher levels, such as those near 35 ng/mL or above, can be beneficial but are often not deemed necessary for everyone, and they can sometimes lead to toxicity if excessive. Therefore, the identification of 30 ng/mL as an optimal level reflects a balance of maximizing health benefits while minimizing potential risks.

5. How much carbohydrate can enhance endurance performance by 14% when consumed prior to exercise?

A. 1 - 2 g

B. 1 - 4 g

C. 4 - 8 g

D. 8 - 12 g

The consumption of carbohydrates prior to exercise is critical for optimizing endurance performance. Research has shown that consuming a moderate dose of carbohydrates can significantly enhance endurance, largely due to the increase in glycogen stores and improved availability of glucose for energy during prolonged physical activity. In this context, the range of 1 to 4 grams of carbohydrates per kilogram of body weight is supported by various studies that demonstrate this amount can effectively enhance performance, potentially improving endurance outcomes by as much as 14%. This range ensures that athletes receive sufficient energy to sustain their performance without causing gastrointestinal discomfort, which can occur with larger amounts. When considering the effective loading of carbohydrates to promote endurance improvements, it's vital to balance between providing enough energy for optimal performance and avoiding overload that could lead to adverse effects. Thus, consuming 1 to 4 grams is not only practical but has been shown in studies to be effective in enhancing performance metrics in endurance sports.

6. What condition results from excessive training and can lead to short-term performance decrements?

A. Overtraining

B. Overreaching

C. Fatigue syndrome

D. Exhaustion

The condition that results from excessive training and is associated with short-term performance decrements is overreaching. This term specifically refers to a temporary state where an athlete experiences a decline in performance due to inadequate recovery from an increased training load. Overreaching is often considered a part of a training cycle where the individual pushes their limits but can eventually lead to improved performance once rest and proper rehabilitation occur. It's important to recognize that overreaching differs from overtraining, which is a more severe and chronic condition that can take a longer time to recover from and often requires more extensive intervention. Fatigue syndrome typically refers to a broader experience of decreased energy and performance without the specific context of excessive training. Exhaustion can describe a complete depletion of energy and the body's resources, but it is generally not a defined term within sports performance and recovery contexts as overreaching is. Understanding these distinctions helps athletes and coaches recognize the signs and adapt training regimens effectively to optimize performance while minimizing the risk of burnout or more serious consequences from training stress.

7. What is a key benefit of consuming high-quality protein for athletes?

- A. It increases body fat levels.**
- B. It enhances muscle repair after strenuous activity.**
- C. It solely promotes weight gain.**
- D. It diminishes stamina during performances.**

The primary benefit of consuming high-quality protein for athletes lies in its ability to enhance muscle repair after strenuous activity. When athletes engage in intense training or competing, muscle fibers can experience micro-tears. High-quality protein, which contains all essential amino acids in adequate proportions, provides the necessary building blocks to initiate muscle repair and recovery processes. This is critical for athletes to maintain their performance, reduce recovery times, and ultimately, support muscle growth and repair following physical exertion. By incorporating high-quality proteins into their diet, athletes can optimize recovery and ensure that their muscles are well-supported, which can lead to improved overall performance in future training and competitions. This emphasis on muscle repair is crucial for athletes, as it helps prevent injuries and supports their long-term athletic development.

8. Which of the following nutrients plays a crucial role in immune function for athletes?

- A. Vitamins A, C, D, and minerals like zinc and selenium.**
- B. Sugar and saturated fats.**
- C. Carbohydrates and alcohol.**
- D. Only protein supplements.**

The correct choice highlights the significance of vitamins A, C, D, and minerals such as zinc and selenium in supporting immune function, particularly for athletes. These nutrients contribute to various aspects of the immune system. Vitamin A is essential for maintaining skin and mucosal barriers, which serve as first lines of defense against pathogens. Vitamin C acts as an antioxidant, protecting immune cells from oxidative stress and helping to regenerate other antioxidants in the body. Vitamin D plays a role in modulating the immune response and may help reduce the risk of respiratory infections. Zinc and selenium are crucial for the proper functioning of immune cells, influencing their development and action. Athletes often experience physical stress from training and competition, which can lead to a temporary suppression of the immune system. Adequate intake of these nutrients can help bolster immune defenses and enhance recovery, making them vital for maintaining health and performance. The other options do not emphasize the essential nutrients that directly support immune system function. Sugar and saturated fats can potentially hinder overall health and immune response, carbohydrates are central to energy production but do not inherently support immune function, and while protein is critical for tissue repair and growth, it does not alone provide the comprehensive support needed for the immune system.

9. In managing the Female Athlete Triad, which factor is essential to address?

- A. Low athletic performance**
- B. Low energy availability**
- C. High stress levels**
- D. Increased athletic training**

In managing the Female Athlete Triad, addressing low energy availability is essential. This triad encompasses three interrelated conditions: energy deficiency, menstrual dysfunction, and decreased bone mineral density. Low energy availability occurs when an athlete consumes insufficient calories to meet the energy demands of both physical activity and basic physiological needs. This deficiency can lead to disrupted menstrual cycles, which may, in turn, impact bone health due to insufficient estrogen levels associated with menstrual irregularities. By prioritizing the correction of low energy availability, athletes can begin to restore normal menstrual function and support bone health, which is critical in preventing osteoporosis and other long-term health issues. Ensuring that athletes achieve adequate nutrition is imperative for recovery, performance enhancement, and overall well-being. The other factors, such as low athletic performance, high stress levels, and increased athletic training, can contribute to or be a result of energy imbalances, but addressing energy availability directly tackles the root cause of the triad. Thus, focusing on energy availability is key to effectively managing the Female Athlete Triad.

10. What is the best indicator of hydration status?

- A. Body weight**
- B. Thirst level**
- C. Urine color**
- D. Heart rate**

The best indicator of hydration status is urine color. This is because urine color can provide immediate visual feedback regarding hydration levels. When the body is well-hydrated, urine typically appears light yellow or pale in color due to the dilution of waste products. Conversely, darker urine often indicates dehydration, as it suggests that the kidneys are conserving water and concentrating the waste. Using urine color as an indicator is practical and accessible, as it requires no specialized equipment and can be assessed frequently. It also reflects a more ongoing hydration status compared to other options that may give a snapshot rather than a comprehensive view of hydration levels. In contrast, body weight can fluctuate for reasons other than hydration, such as changes in food intake, glycogen storage, or fluid retention. Thirst can be a subjective feeling that may not accurately reflect hydration, especially in athletes who can become dehydrated without feeling thirsty. Heart rate can provide some insight into fluid balance but is influenced by many factors beyond hydration, including fitness level, stress, and overall health. Thus, urine color stands out as the most reliable and straightforward indicator of hydration status.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://boardcertsportsdietetics.examzify.com>

We wish you the very best on your exam journey. You've got this!