

BOARD CERTIFIED SPECIALIST IN SPORTS DIETETICS PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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. 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.

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. 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!

Questions

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- 1. Which of the following is a recommended practice for enhanced carbohydrate oxidation during exercise?**
 - A. Using only glucose
 - B. Using multiple transportable carbs
 - C. Avoiding carbohydrate intake
 - D. Using only fructose
- 2. What is the primary purpose of calcium supplementation for athletes?**
 - A. Enhance oxygen delivery
 - B. Support skeletal health
 - C. Increase energy levels
 - D. Boost hydration
- 3. What are the symptoms of overtraining syndrome?**
 - A. Increased energy levels and performance
 - B. Decreased performance, fatigue, mood disturbances, and increased risk of injuries
 - C. Only physical pain
 - D. Improved sleep quality
- 4. What level of vitamin D is recommended for optimal skeletal muscle health?**
 - A. 25 ng/mL
 - B. 30 ng/mL
 - C. 32 ng/mL
 - D. 35 ng/mL
- 5. How much zinc should a pregnant athlete consume daily?**
 - A. 8 mg/day
 - B. 10 mg/day
 - C. 11 mg/day
 - D. 15 mg/day

- 6. How long can the ATP provided by the Adenosine Triphosphate-Phosphocreatine System last during high-intensity activity?**
- A. Up to 5 seconds
 - B. Up to 10 seconds
 - C. Up to 30 seconds
 - D. Up to 60 seconds
- 7. For crew athletes, what is the recommended carbohydrate intake per kilogram of body weight?**
- A. 1.4 - 1.7 g/kg
 - B. 7 - 12 g/kg
 - C. 5 - 7 g/kg
 - D. 1.2 - 1.7 g/kg
- 8. What mineral is crucial for muscle contraction and preventing cramps in athletes?**
- A. Sodium
 - B. Calcium
 - C. Potassium
 - D. Iron
- 9. Which eating disorder is reported as the most common in the U.S.?**
- A. Anorexia Nervosa
 - B. Binge-Eating Disorder
 - C. Bulimia Nervosa
 - D. Orthorexia
- 10. Which action is advised if blood glucose levels exceed 250 mg/dL with ketones present?**
- A. Hydrate and treat with insulin
 - B. Increase exercise intensity
 - C. Avoid hydration until blood sugar normalizes
 - D. Wait for the next meal

Answers

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

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Explanations

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1. Which of the following is a recommended practice for enhanced carbohydrate oxidation during exercise?

- A. Using only glucose
- B. Using multiple transportable carbs**
- C. Avoiding carbohydrate intake
- D. Using only fructose

Employing multiple transportable carbohydrates during exercise is a recommended practice for enhancing carbohydrate oxidation. This approach takes advantage of the body's ability to utilize different types of carbohydrates more efficiently. When multiple carbohydrates, such as glucose and fructose, are ingested simultaneously, they can be transported via different pathways, which may help increase the amount of carbohydrates that can be oxidized during prolonged or high-intensity exercise. The rationale behind this practice is that glucose and fructose use different transporters in the intestines, allowing for higher overall absorption rates. Consequently, this can lead to improved performance and endurance by providing a steady supply of energy that matches the demands of the body during prolonged activity. Research supports that consuming a mix of carbohydrates can enhance exercise performance compared to consuming a single type. Other choices involve less effective strategies. For instance, relying solely on glucose or fructose limits the potential energy production and does not maximize the benefits of various transport systems. Avoiding carbohydrate intake altogether would hinder performance due to insufficient energy availability for exercise, particularly in endurance events. Thus, using multiple transportable carbs is clearly the optimal choice for enhancing carbohydrate oxidation during exercise.

2. What is the primary purpose of calcium supplementation for athletes?

- A. Enhance oxygen delivery
- B. Support skeletal health**
- C. Increase energy levels
- D. Boost hydration

The primary purpose of calcium supplementation for athletes is to support skeletal health. Calcium is a crucial mineral that plays a significant role in maintaining bone density and strength. For athletes, who often engage in high-impact and strenuous activities, adequate calcium intake is essential to prevent conditions such as osteoporosis and bone fractures. Athletes are at an increased risk of developing bone-related issues due to the physical demands of their training and competition, which can put additional stress on their skeletal system. Sufficient calcium levels can help ensure that bones remain healthy and resilient, enabling athletes to perform optimally and reduce the risk of injuries related to weak bones. In contrast, while oxygen delivery, energy levels, and hydration are important for athletic performance, they are not the primary roles of calcium. Oxygen delivery is typically managed by red blood cells and involves iron and hemoglobin, while energy levels are derived from carbohydrates, fats, and proteins. Hydration is primarily related to fluid balance and electrolytes, rather than calcium. Thus, the focus on calcium for athletes centers on its critical function in maintaining healthy bones.

3. What are the symptoms of overtraining syndrome?

- A. Increased energy levels and performance
- B. Decreased performance, fatigue, mood disturbances, and increased risk of injuries**
- C. Only physical pain
- D. Improved sleep quality

The symptoms of overtraining syndrome encompass a range of physiological and psychological issues, making the understanding of this syndrome crucial for athletes and trainers. The correct choice highlights fundamental aspects of overtraining that can negatively impact an athlete's performance. Overtraining syndrome is characterized by a prolonged imbalance between training and recovery, leading to a decline in performance. Key symptoms include decreased performance, which manifests as an inability to train effectively or achieve previous levels of success. Fatigue is another significant symptom, often experienced as chronic tiredness that doesn't improve with rest. Mood disturbances, such as increased irritability, anxiety, or depression, frequently accompany this condition, as the body struggles to cope with excessive training demands. Additionally, an increased risk of injuries is notable, where the body's ability to recover diminishes, exposing athletes to more frequent or severe injuries due to increased stress and fatigue. In contrast, other options provide inaccurate portrayals of what an athlete might experience when facing overtraining. Increased energy levels and performance do not align with the effects of overtraining, as the syndrome typically results in the opposite. Physical pain alone, without the accompanying psychological and performance symptoms, doesn't encompass the full picture of the syndrome. Lastly, improved sleep quality is also inconsistent with this condition, as many

4. What level of vitamin D is recommended for optimal skeletal muscle health?

- A. 25 ng/mL
- B. 30 ng/mL
- C. 32 ng/mL**
- D. 35 ng/mL

For optimal skeletal muscle health, a serum vitamin D level of 32 ng/mL is recommended. Vitamin D plays a crucial role in muscle function, strength, and overall health. Research indicates that maintaining this specific level may enhance muscle performance, support muscle cell function, and potentially reduce the risk of falls and injuries, particularly in older adults. While lower levels, such as 25 ng/mL, might be considered sufficient for bone health, they may not provide the same benefits for muscle function. Higher levels, like 30 ng/mL or 35 ng/mL, may not show additional advantages and can lead to complications if levels become excessive. Thus, 32 ng/mL is seen as an optimal balance to support muscle health without the risk associated with higher concentrations.

5. How much zinc should a pregnant athlete consume daily?

- A. 8 mg/day
- B. 10 mg/day
- C. 11 mg/day**
- D. 15 mg/day

The recommended daily allowance of zinc for pregnant women is typically higher than for non-pregnant adults because zinc plays a crucial role in cellular growth and development, particularly during pregnancy. An intake of 11 mg per day is consistent with guidelines provided by health organizations, reflecting the increased needs during pregnancy to support fetal growth and development as well as the maintenance of the mother's health. Zinc is important for various biological functions, including a strong immune response, protein synthesis, and wound healing, all of which are critical during the pregnancy period. Adequate zinc intake helps prevent deficiencies that can lead to complications such as low birth weight or preterm delivery. Therefore, for pregnant athletes, who may have increased nutritional needs due to their physical activity level, consuming 11 mg of zinc daily supports both the demands of pregnancy and athletic performance. In contrast, the other values provided do not align with the established guidelines for zinc intake during pregnancy, which reinforces why the correct choice emphasizes the need for 11 mg per day.

6. How long can the ATP provided by the Adenosine Triphosphate-Phosphocreatine System last during high-intensity activity?

- A. Up to 5 seconds
- B. Up to 10 seconds**
- C. Up to 30 seconds
- D. Up to 60 seconds

The Adenosine Triphosphate-Phosphocreatine System, often referred to as the phosphagen system, is the body's immediate energy system that primarily supports high-intensity activity. This system utilizes stored ATP and creatine phosphate (CP) to quickly regenerate ATP, which is essential for muscle contractions during short bursts of activity. During high-intensity efforts, the ATP supplied by this system can sustain activity for a duration of approximately 10 seconds. This brief supply is sufficient for activities like sprinting or heavy weightlifting, where immediate energy demands are high. The breakdown of creatine phosphate occurs rapidly to replenish ATP, allowing for sustained maximal efforts during activities that require quick bursts of energy. As the duration of activity extends beyond this timeframe, reliance shifts to other energy systems (like anaerobic glycolysis) which can sustain activity for longer but at a reduced rate of energy production. Thus, the correct timeframe for how long the ATP provided by the Adenosine Triphosphate-Phosphocreatine System can last during high-intensity activity is indeed around 10 seconds.

7. For crew athletes, what is the recommended carbohydrate intake per kilogram of body weight?

- A. 1.4 - 1.7 g/kg
- B. 7 - 12 g/kg
- C. 5 - 7 g/kg**
- D. 1.2 - 1.7 g/kg

For crew athletes, the recommended carbohydrate intake is primarily focused on supporting endurance and performance. The correct range of carbohydrate intake is 5 to 7 grams per kilogram of body weight per day. This recommendation is based on the understanding that crew is a high-endurance sport requiring sustained energy levels to maintain performance during intense training and competition. Carbohydrates are crucial because they serve as the body's primary fuel source during prolonged exercise and play a significant role in glycogen replenishment. Consuming this amount ensures that athletes have adequate energy reserves, which can enhance performance and delay fatigue. While there are different carbohydrate intake recommendations for sports of varying intensity and duration, the 5 to 7 g/kg range is particularly tailored for athletes engaged in regular training, such as crew, where the demand for carbohydrates is higher than for lower-intensity or less frequent exercise regimens.

8. What mineral is crucial for muscle contraction and preventing cramps in athletes?

- A. Sodium
- B. Calcium
- C. Potassium**
- D. Iron

The mineral that is crucial for muscle contraction and preventing cramps in athletes is calcium. Calcium plays a vital role in the process of muscle contraction; when a muscle receives a signal to contract, calcium ions are released from the sarcoplasmic reticulum into the muscle fibers. This release allows the interaction between actin and myosin, the proteins responsible for muscle contractions. Additionally, a sufficient level of calcium is necessary to maintain proper muscle function and prevent cramps, which can occur due to imbalances in calcium and other electrolytes. While sodium and potassium are important for fluid balance and nerve function, they are more indirectly related to muscle contraction and cramps. Sodium helps maintain fluid balance and is involved in the generation of action potentials in muscles, while potassium is crucial for muscle function and can help prevent cramping when in the right balance. Iron is essential for oxygen transport in the blood and supports energy metabolism but does not directly influence muscle contraction. Thus, calcium is the key mineral that directly facilitates muscle contraction and helps in preventing cramps during athletic performance.

9. Which eating disorder is reported as the most common in the U.S.?

- A. Anorexia Nervosa
- B. Binge-Eating Disorder**
- C. Bulimia Nervosa
- D. Orthorexia

Binge-Eating Disorder is recognized as the most prevalent eating disorder in the United States. This condition is characterized by recurring episodes of consuming large amounts of food in a short period, accompanied by feelings of a lack of control during the binge and distress afterward. Unlike anorexia nervosa and bulimia nervosa, binge-eating disorder does not involve compensatory behaviors such as excessive exercise or purging, which can make it more pervasive among various populations. The significance of binge-eating disorder lies not only in its prevalence but also in its association with various psychological and physical health issues, including obesity, depression, and anxiety. Understanding this disorder is crucial, as it allows healthcare professionals to provide effective interventions and support to those affected, addressing both the behavioral and emotional aspects of the disorder. Anorexia nervosa, while serious, affects a smaller percentage of the population compared to binge-eating disorder. Bulimia nervosa also has a lower prevalence but shares some behaviors with binge-eating disorder. Orthorexia, although gaining attention, is not classified as a formal diagnosis within the DSM-5 and is less commonly recognized in clinical practice compared to the other eating disorders mentioned. Thus, the prominence of binge-eating disorder highlights the need for awareness and comprehensive

10. Which action is advised if blood glucose levels exceed 250 mg/dL with ketones present?

- A. Hydrate and treat with insulin**
- B. Increase exercise intensity
- C. Avoid hydration until blood sugar normalizes
- D. Wait for the next meal

When blood glucose levels exceed 250 mg/dL accompanied by the presence of ketones, it indicates a potential risk for diabetic ketoacidosis (DKA), particularly in individuals with type 1 diabetes. The safest and most effective approach in this scenario is to hydrate and treat with insulin. Hydration is crucial, as it helps to dilute the blood glucose concentration and mitigates the risk of dehydration that can occur due to elevated blood sugar levels. The administration of insulin is equally important, as it helps to lower blood glucose levels by facilitating the uptake of glucose into the cells, thereby reducing the likelihood of ketoacidosis. Monitoring and addressing both hydration and glucose levels promptly can help prevent serious complications associated with high blood sugar and ketone presence. Actions like increasing exercise intensity would not be advisable because exercise can further elevate blood sugar levels in the absence of proper insulin action. Similarly, avoiding hydration until blood sugar normalizes and waiting for the next meal disregard the immediate need for intervention to manage the condition.

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:

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

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