

Certified Sports Nutritionist from the International Society of Sports Nutrition (CISSN) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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. During which process do amino acids lose their amine or nitrogen group?**
 - A. Glycogenesis**
 - B. Transamination**
 - C. Oxidative Deamination**
 - D. Both Transamination and Oxidative Deamination**

- 2. What is the primary function of phospholipids in the body?**
 - A. Energy storage**
 - B. Cell membrane structure**
 - C. Hormone production**
 - D. Muscle repair**

- 3. What is an example of a disaccharide?**
 - A. Fructose**
 - B. Starch**
 - C. Lactose**
 - D. Glucose**

- 4. Which B-complex vitamin is known as cobalamin?**
 - A. Vitamin B2**
 - B. Vitamin B3**
 - C. Vitamin B12**
 - D. Folate**

- 5. What is the main source of energy derived from the coenzymes NAD and NADP?**
 - A. Carbohydrate metabolism**
 - B. Fatty acid synthesis**
 - C. Amino acid degradation**
 - D. Protein metabolism**

- 6. What is the recommended dietary allowance (RDA) for protein for sedentary adults?**
- A. 0.8 g/kg**
 - B. 1.2 g/kg**
 - C. 1.0 g/kg**
 - D. 1.4 g/kg**
- 7. What is the approximate RER for protein utilization?**
- A. 0.6**
 - B. 0.7**
 - C. 0.8**
 - D. 0.9**
- 8. What is the main rationale for assessing individual energy expenditure?**
- A. To create personalized dietary supplements**
 - B. To determine specific macronutrient ratios**
 - C. To ensure adequate caloric intake for weight management**
 - D. To measure body water composition**
- 9. What is the typical maintenance dose of creatine after a loading phase to sustain elevated levels?**
- A. 5 g CM/d**
 - B. 10 g CM/d**
 - C. 15 g CM/d**
 - D. 20 g CM/d**
- 10. What is one of the primary roles of calcium in the body?**
- A. Increases blood sugar levels**
 - B. Provides crystalline structure to bones**
 - C. Enhances lipid digestion**
 - D. Stimulates fat storage**

Answers

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

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Explanations

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1. During which process do amino acids lose their amine or nitrogen group?

A. Glycogenesis

B. Transamination

C. Oxidative Deamination

D. Both Transamination and Oxidative Deamination

Amino acids undergo various processes in the body, particularly in the context of energy production and the synthesis of other molecules. One key process in this context is the loss of the amine or nitrogen group, which occurs during oxidative deamination. This process specifically involves the removal of the amino group from an amino acid, converting it into a keto acid and releasing ammonia. It is a crucial step in metabolic pathways where amino acids are deconstructed for energy or for the synthesis of non-essential amino acids. Transamination, on the other hand, is also a process that involves amino acids but does so by transferring the amino group from one amino acid to another, rather than simply removing it. While transamination is important for synthesizing non-essential amino acids and maintaining nitrogen balance, it does not fundamentally result in the loss of the nitrogen group but rather its redistribution. Since both processes are involved in handling amino acids and nitrogen, the correct answer encompasses both oxidative deamination, which directly removes the amine group, and transamination, which involves the transfer of amino groups between amino acids. This duality highlights their roles in amino acid metabolism, making the choice that includes both processes accurate.

2. What is the primary function of phospholipids in the body?

A. Energy storage

B. Cell membrane structure

C. Hormone production

D. Muscle repair

Phospholipids play a crucial role in forming the structural basis of cell membranes, which is why their primary function is associated with cell membrane structure. They consist of a hydrophilic (water-attracting) "head" and two hydrophobic (water-repelling) "tails," allowing them to arrange themselves into bilayers. This arrangement creates a semi-permeable membrane that not only protects the internal environment of the cell but also regulates what enters and exits the cell. The unique structure of phospholipids enables the formation of lipid bilayers, which are fundamental to the integrity and functionality of all cell types in the body. While phospholipids contribute to various biological functions, energy storage is primarily attributed to triglycerides and carbohydrates, and hormone production is generally linked to steroid hormones derived from cholesterol. Muscle repair involves various proteins and amino acids for tissue restoration and does not primarily rely on phospholipids. Therefore, the association of phospholipids with cell membrane structure underlines their significance in maintaining cellular integrity and function.

3. What is an example of a disaccharide?

- A. Fructose
- B. Starch
- C. Lactose**
- D. Glucose

Lactose is classified as a disaccharide because it consists of two monosaccharide units: glucose and galactose. Disaccharides are carbohydrates formed when two monosaccharides undergo a condensation reaction, resulting in the formation of a glycosidic bond. Lactose is the sugar found in milk and is a key source of energy, particularly in the diets of infants and young mammals. Fructose and glucose, on the other hand, are monosaccharides, meaning they are single-sugar units and do not consist of two bonded monosaccharides. Starch, while a carbohydrate, is a polysaccharide composed of multiple glucose units bonded together, making it more complex than a disaccharide. Therefore, among the options presented, lactose is the only one that fits the definition of a disaccharide, highlighting its role as an important carbohydrate in nutrition.

4. Which B-complex vitamin is known as cobalamin?

- A. Vitamin B2
- B. Vitamin B3
- C. Vitamin B12**
- D. Folate

Cobalamin is the chemical name for Vitamin B12, which plays a crucial role in several bodily functions including the production of red blood cells, DNA synthesis, and proper neurological function. It is one of the eight B-vitamins and is unique because it contains cobalt, which is part of its molecular structure. B12 is primarily found in animal products, which is important to consider for individuals following vegetarian or vegan diets, as they may require supplementation or fortified foods to meet their B12 needs. Other B vitamins mentioned, such as B2 (riboflavin), B3 (niacin), and folate (vitamin B9), have different structures and functions within the body. While each B vitamin contributes to energy metabolism and overall health, cobalamin's specific role in maintaining nerve health and the formation of blood cells highlights its unique significance among the B-complex vitamins.

5. What is the main source of energy derived from the coenzymes NAD and NADP?

- A. Carbohydrate metabolism**
- B. Fatty acid synthesis**
- C. Amino acid degradation**
- D. Protein metabolism**

The primary source of energy derived from the coenzymes NAD (Nicotinamide adenine dinucleotide) and NADP (Nicotinamide adenine dinucleotide phosphate) is carbohydrate metabolism. Both coenzymes play essential roles in cellular respiration and energy production. NAD is crucial in the glycolytic pathway and the citric acid cycle (Krebs cycle), where it acts as an electron carrier, accepting electrons during the oxidation of glucose and other carbohydrates. This process generates ATP, the energy currency of the cell. NADP, on the other hand, is involved primarily in anabolic reactions, such as the pentose phosphate pathway, which is important for producing precursors for nucleotide synthesis and for providing reducing power in biosynthetic reactions. While the other processes involve NAD and NADP to varying degrees, such as in fatty acid synthesis or amino acid degradation, carbohydrate metabolism remains the predominant pathway through which these coenzymes facilitate energy production in humans. Therefore, understanding the central role of carbohydrate metabolism with regard to NAD and NADP is key to recognizing how energy is derived and utilized in the body.

6. What is the recommended dietary allowance (RDA) for protein for sedentary adults?

- A. 0.8 g/kg**
- B. 1.2 g/kg**
- C. 1.0 g/kg**
- D. 1.4 g/kg**

The recommended dietary allowance (RDA) for protein for sedentary adults is set at 0.8 grams of protein per kilogram of body weight. This guideline is based on data showing the amount needed to meet the nutritional needs of most healthy individuals and to maintain basic physiological functions, muscle mass, and overall health. This amount takes into account the average protein synthesis rates and the minimum necessary to prevent deficiency in a sedentary population, which includes non-active individuals who do not engage in regular intense physical activity. It provides a benchmark for dietary planning and is critical for understanding the protein needs of the general population, especially in formulating a balanced diet. Higher protein recommendations apply to specific populations or individuals with increased physical demands, including athletes or those involved in regular intense training, but for the average sedentary adult, 0.8 g/kg is sufficient to support metabolic health and maintain muscle tissue without the risk of excess intake that could occur at higher levels.

7. What is the approximate RER for protein utilization?

- A. 0.6
- B. 0.7
- C. 0.8**
- D. 0.9

The resting energy expenditure (RER) for protein utilization is approximately 0.8. The RER, or respiratory exchange ratio, is used to assess the ratio of carbon dioxide produced to oxygen consumed, which can indicate which macronutrients (carbohydrates, fats, or proteins) are being used for energy. When protein is primarily utilized for energy, the RER value reflects this metabolic process, hovering around 0.8. This number suggests that while a mix of macronutrients might be utilized, protein metabolism specifically results in a unique balance of oxygen consumption and carbon dioxide production. This value is important for understanding how the body is sourcing energy, particularly in different states of nutrition and exercise. In contrast, values such as 0.6 are generally associated with fat oxidation, while values approaching 1.0 indicate carbohydrate utilization. Thus, the selection of 0.8 accurately represents the RER during protein metabolism in the context of energy utilization.

8. What is the main rationale for assessing individual energy expenditure?

- A. To create personalized dietary supplements
- B. To determine specific macronutrient ratios
- C. To ensure adequate caloric intake for weight management**
- D. To measure body water composition

Assessing individual energy expenditure is primarily done to ensure adequate caloric intake for weight management. Understanding how many calories an individual requires based on their activity level, metabolic rate, and overall lifestyle helps in formulating a diet that supports their goals, whether that be weight maintenance, loss, or gain. When energy expenditure is accurately assessed, it provides critical information that can guide dietary choices and caloric consumption. This approach is essential for weight management because consuming too few calories can lead to muscle loss and metabolic slowdown, while consuming too many can lead to unwanted weight gain. By matching caloric intake to energy expenditure, individuals can tailor their diets to achieve their desired outcomes effectively. The other options, while related to nutrition, do not directly address the primary purpose of assessing energy expenditure. Creating personalized dietary supplements and determining specific macronutrient ratios are more concerned with optimizing nutrition rather than ensuring that energy needs are met. Measuring body water composition, on the other hand, pertains to hydration status rather than caloric balance or expenditure. Thus, the emphasis on caloric intake for weight management stands out as the most relevant rationale for evaluating individual energy expenditure.

9. What is the typical maintenance dose of creatine after a loading phase to sustain elevated levels?

A. 5 g CM/d

B. 10 g CM/d

C. 15 g CM/d

D. 20 g CM/d

The typical maintenance dose of creatine after a loading phase is 5 grams per day. Following a loading phase, which usually involves taking a higher amount of creatine (often around 20 grams split into smaller doses throughout the day for about 5-7 days), the goal is to saturate the muscles with creatine. Once this saturation is achieved, a smaller daily dose is sufficient to maintain elevated creatine levels in the muscle tissue. Research shows that a daily intake of around 3-5 grams is effective for maintaining muscle creatine stores, with 5 grams being a common recommendation in both research and practical guidelines. This amount helps keep the muscles saturated without the risk of excess accumulation, which could lead to diminished returns or unnecessary side effects. Thus, 5 grams day after the initial loading phase effectively supports ongoing performance benefits in endurance, strength, and muscle recovery. Higher doses are generally unnecessary for maintenance and could lead to unwanted digestive issues or other side effects without providing added benefits. Therefore, the selected daily intake aligns with established guidelines for maintaining creatine levels effectively.

10. What is one of the primary roles of calcium in the body?

A. Increases blood sugar levels

B. Provides crystalline structure to bones

C. Enhances lipid digestion

D. Stimulates fat storage

Calcium plays a crucial role in the body, particularly in maintaining strong and healthy bones. One of its primary functions is to provide a crystalline structure to bones, which is essential for bone density and strength. This crystalline structure is created through the formation of hydroxyapatite, a mineral complex that includes calcium and phosphate. This mineralization process is vital for ensuring that bones can withstand mechanical stress and maintain their integrity throughout a person's life. Understanding the context of calcium's role in bone health highlights the importance of adequate calcium intake during growth and development, as well as its role in preventing osteoporosis and other bone-related conditions as individuals age. This foundational aspect of calcium in bone structure is essential for both athletes and the general population in optimizing skeletal health.

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://cissn.examzify.com>

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

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