HARAMBEE UNIVERSITY COLLEGE

Worksheet for Pysical Fitness.

Name_____ID No_____Dep_____

I, Write True if the statement is correct and False if it is not correct (2pt each)

_____ 1, Intensity is the degree of difficulty at which the exercise is carried out

_____2, Periodization is the method of organizing work outs in to blocks or periods.

_____3, Detraining is the act of longer training at all or increasing the amount of training

_____4, Physical activity is sub set of physical exercise, that is planned and structured

_____5, Physical inactivity has lead to a rise in chronic diseases.

_____6, Nutrient is a compound that provides a needed function in the body

_____7, Macro nutrients are the nutrients the body needs in small amount.

_____8, Protein is hydrated carbon or carbon with water.

_____9, Vitamins are essential for normal physiologic processes in the body.

_____10, Carbohydrate is an important fuel for physical exercise.

II, Choose the correct answer from the following alternatives (1pt each)

____11, _____is defined as the science of action of food, beverages and their components in biological system.

A, Nutrient B, Carbohydrates C, Protein D, Nutrition

____12, Which nutrient is needed in the large amount in our body

A, Micro nutrients B, Carbohydrates C, Protein D, Macro nutrients

____13, Which is the source of carbohydrates

A, Oat meal B, Rice C, Sugar D, All

_____14, Which is the dietary sources of Proteins

A, Nuts B, Egg white C, Wheat bread D, All except C

_____15, Which nutrients cannot provide energy

A, Carbohydrates B, Protein C, Alcohol D, Minerals

____16, The amount of calories that we obtained from carbohydrates and protein is

A, 9 Kcal B, 4 Kcal C, 7 Kcal D, 6 Kcal

_____17, Protein consists of small repeating units called _____

A, Sugar B, Sucrose C, Amino acid D, Fatty Acid

____18, _____ Contains both non digestible carbohydrates and lignin, and is always intrinsic and intact in plant.

A , Dietary fiber B, Functional fiber C, Total fiber D, Fatty acid

_____19, The fiber that contains both dietary and functional fiber is called _____

A, Total fiber B, Functional fiber C, Dietary fiber D, None

_____20, _____in foods are organic compounds that work with other nutrients to ensure the body functions properly.

A, Minerals B, Vitamins C, Protein D, Fat

II, Give short Answer .

1, Write and Discuss the four variables that used to control the amount of stress placed on the body.

2, List and Explain the three main types of stress.

3, Write at least five symptoms of over training syndrome.