
ISSA CFT QUIZ 1 - UNITS 1 AND 2

1. Muscular, cardiopulmonary, and metabolic adaptations to exercise are known as the training effect. (t or f): **ANS** True

2. The body's automatic tendency to maintain a constant internal body environment through various processes is called:: **ANS** homeostasis

3. BMR stands for:

ANS : basal metabolic rate

4. Anabolism and catabolism occur at the same time throughout the body.

(t or f): **ANS** True

5. Which of the following statements is/are true?

a. a calorie is a unit of heat.

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R Sandford



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