

NAFC Practice Test Questions and Answers

1. What is glycogen?

- A) Stored form of glucose in the liver and muscles
- B) A type of dietary fat
- C) A digestive enzyme
- D) A form of dietary fiber

2. What does BMI stand for?

- A) Body Mass Index
- B) Body Muscle Indicator
- C) Basal Metabolic Index
- D) Body Metabolism Indicator

3. What is body composition?

- A) The ratio of fat mass to lean mass in the body
- B) Total body weight
- C) Muscle strength relative to body weight
- D) A measure of cardiovascular endurance

4. What does PAR-Q stand for?

- A) Physical Activity Readiness Questionnaire
- B) Personal Assessment and Risk Qualifier
- C) Pre-Activity Review Questions
- D) Physical Aptitude Rating Quiz

Answers: 1-A 2-A 3-A 4-A

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