

**Multiple Choice Sample Questions**  
**ITEC Unit 918 Maintaining Personal Health and Well-being**

1	Which of the following would be the most reliable source of information on health and well-being?		1
A	Libraries	B Government guidelines	B
C	Television	D Magazines	
2	Which of the following foods are high in cholesterol?		
A	Olive oil and corn oil	B Scrambled egg and cheddar cheese	B
C	Raw carrots and mushrooms	D Tuna and sardines	
3	What is lordosis?		
A	An exaggerated inward curvature of the lumbar spine	B A sideways curvature of the spine	A
C	Inflammation of a joint caused by uric acid	D Porosity and brittleness of a bone	
4	Exercise where the muscle changes in length is known as:		
A	Isometric	B Aerobic	C
C	Isotonic	D Controversial	
5	What are the benefits of cool down?		
A	Maintains body temperature	B Increases blood pressure	C
C	Prevents muscle stiffness	D Reduces metabolism	