

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