

# Sample Questions

## iUCO47 – Maintaining personal health and wellbeing

<b>1</b>	<b>Which of the following would be the most reliable source of information on health and wellbeing?</b>		
A	Libraries	B	Government guidelines
C	Television	D	Magazines
<b>B</b>			

<b>2</b>	<b>Which of the following foods are high in cholesterol?</b>		
A	Olive oil and corn oil	B	Scrambled egg and cheddar cheese
C	Raw carrots and mushrooms	D	Tuna and sardines
<b>B</b>			

<b>3</b>	<b>What is lordosis?</b>		
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
<b>A</b>			

<b>4</b>	<b>Exercise where the muscle changes in length is known as:</b>		
A	Isometric	B	Aerobic
C	Isotonic	D	Controversial
<b>C</b>			

<b>5</b>	<b>What are the benefits of cool down?</b>		
A	Maintains body temperature	B	Increases blood pressure
C	Prevents muscle stiffness	D	Reduces metabolism
<b>C</b>			

**Document History**

<b>Version</b>	<b>Issue Date</b>	<b>Changes</b>	<b>Role</b>
v1	30/09/2019	First published	Qualifications Administrator