

# 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	<b>B</b>
C	Television	D	Magazines	

<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	<b>B</b>
C	Raw carrots and mushrooms	D	Tuna and sardines	

<b>3</b>	<b>What is lordosis?</b>			
A	An exaggerated inward curvature of the lumbar spine	B	A sideways curvature of the spine	<b>A</b>
C	Inflammation of a joint caused by uric acid	D	Porosity and brittleness of a bone	

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

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

**Document History**

Version	Issue Date	Changes	Role
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