

TEST: FAT LOSS

The answers for each question in the fat loss test have been expanded upon to give you the broadest overview. Ideally your answer will have covered most (if not all) of the points outlined.

1. How much weight should you realistically lose per week? Answer respectively to your current body composition (Lean, Normal, Overweight) (1 Point)

A. _____

2. What is the difference between weight loss and fat loss? (2 Points)

A. _____

3. What is the most important factor when it comes to losing body fat? (1 point)

A. _____

4. What is the best diet for fat loss? (1 Point)

A. _____

5. List 5 things you would need to ruin your health and physique? (5 Points)

1. _____
2. _____
3. _____
4. _____
5. _____

6. What factors influence Energy intake? (1 Point)

A. _____

**7. What 5 main factors affect energy expenditure?
(5 Points)**

1. _____
2. _____
3. _____
4. _____
5. _____

8. What are the 6 key results you need to assess with your nutrition for fat loss? (6 Point)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

9. List 5 key questions that will help you personalize your diet for long term adherence? (5 Points)

1. _____
2. _____
3. _____
4. _____
5. _____

10. Outline the four key elements of health related fitness?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

11. What are some of the key questions you should ask yourself subjectively to assess your work capacity?

- A. _____
- _____
- _____

12. List 3 common nutrition problems people have when trying to lose fat? (3 Points)

- 1. _____
- 2. _____
- 3. _____

13. What effect does diabetes have on hydration? (1 Point)

A. _____

14. Give 2 examples of unhealthy fats? (2 Points)

1. _____
2. _____

15. List 2 key benefits of fiber? (2 Points)

1. _____
2. _____

**16. What is the difference between hunger and appetite?
(2 Points)**

A. _____

17. List one role of protein besides building muscle? (1 Point)

A. _____

18. List the calorie content for 1 gram of Fat, Protein, Carbs Alcohol and Fibre? (5 Points)

A. _____

19. What is the problem with an extreme energy deficit? (1 Point)

A. _____

20. What are the five most important elements of setting up a diet? (5 Points)

1. _____
2. _____
3. _____
4. _____
5. _____

21. What is meant by the terms 'calorie bank'? (1 Point)

- A. _____
- _____
- _____

22. Generally speaking, How many meals per day? (1 Point)

- A. _____
- _____
- _____

23. Outline three main goals of post workout nutrition? (3 Points)

A. _____

24. What are the 5 most important measures of progress for general fat loss (not athletes)? (5 Points)

1. _____
2. _____
3. _____
4. _____
5. _____

25. What is the best time of the day to weigh? (1 Point)

A. _____

Total score: 59

Post your score on the [Facebook Group](#)

ANSWERS

Q1. What is work capacity? *(1 point)*

- ✓ The amount of work you can handle and recover from.

Q2. Why is work capacity important? *(1 point)*

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- ✓ It determines how much exercise stimulus you provide your body with over a period of time. The more stimulus you can handle, specifically in relation to strength training, the more muscle and strength you will gain.

Q3. List 10 factors that influence work capacity? *(10 points)*

- ✓ Training Age
- ✓ Training Volume
- ✓ Rest periods
- ✓ Blood glucose management
- ✓ Nutrition - calorie intake, protein, carb intake
- ✓ Sleep
- ✓ Stress
- ✓ Illness/injury
- ✓ Anabolics
- ✓ Supplements

Q4. What are the 5 best ways to measure work capacity?

(5 points)

- ✓ Performance - Strength
- ✓ Soreness
- ✓ Mood

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- ✓ HRV
- ✓ Appearance

Q5. What reduces as fatigue increases? *(1 point)*

- ✓ Fitness

Q6. How does a beginner's fitness accumulation differ to that of someone who has been training consistently and properly for 5-10 years longer? *(2 points)*

- ✓ As a beginner the fitness accumulation is greater than an experienced individual.

Q7. What does fitness mean? What do people confuse it with? *(2 points)*

- ✓ Fitness. The ability to do a task.

Q8. What does health mean? *(1 points)*

- ✓ A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.

Q9. Will poorly controlled blood sugar affect work capacity?
How? (3 points)

- ✓ Yes. High blood glucose and low blood glucose are detrimental to performance and recovery.
- ✓ High blood sugar increases risk of dehydration, impairs protein synthesis and increases muscle protein breakdown.
- ✓ Low blood sugar stresses the central nervous system and makes it hard to concentrate.

Q10. What are some of the key questions you should ask yourself subjectively to assess your work capacity? (4 points)

- ✓ Cardiovascular
- ✓ Musculoskeletal
- ✓ Flexibility
- ✓ Body Composition

Q11. What are 4 key questions you should ask yourself subjectively to assess your work capacity? (4 points)

- ✓ Do I look leaner?
- ✓ Am I stronger?
- ✓ Have I lost a lot of weight really quick?
- ✓ Do I look run down?

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- ✓ Does my clothing feel too loose?
- ✓ Am I getting negative feedback from friends and family?