

Ace Group Fitness Test Practice Test Questions and Answers

1. What does 'caloric density' describe?

- A) The total weight of a food portion
- B) The number of calories per gram of a food
- C) The glycemic index value of a food
- D) The vitamin and mineral content of a food

2. What unit is used to measure music tempo?

- A) Watts
- B) Decibels
- C) Beats per minute (BPM)
- D) Hertz

3. What does BMI (Body Mass Index) calculate?

- A) Body fat percentage
- B) The ratio of body weight to height squared
- C) Lean muscle mass relative to fat mass
- D) Bone mineral density

4. What are Dietary Reference Intakes (DRIs) used for?

- A) Setting minimum caloric intake targets for competitive athletes
- B) Providing nutrient intake reference values to meet the needs of healthy individuals
- C) Prescribing weight loss diets for overweight populations
- D) Measuring the nutrient quality of a specific food product

Answers: 1-B 2-C 3-B 4-B

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