45. Factors to incorporate into goal setting for a patient include all of the following except:
   A. Set specific and measurable goals
   B. Use positive language
   C. Make goals challenging but realistic
   D. Set a reasonable time frame
   E. Connect the outcome to the effort

46. When is seasonal affective disorder (SAD) most likely to occur?
   A. Winter
   B. Spring and summer
   C. Fall
   D. Summer into the Fall
   E. None of the above

47. An individual who has sustained a psychologically traumatic event may experience a numbing of general responsiveness, insomnia, or increased aggressiveness. This is known as which of the following?
   A. Paranoia
   B. Obsessive-compulsive disorder
   C. Tourette syndrome
   D. Post-traumatic stress disorder
   E. Bipolar disorder

Nutrition

1. In which of the following foods is a high concentration of vitamin A found?
   A. Liver, yogurt, milk
   B. Red meat, oranges, tea
   C. Nuts, cereals, fish
   D. Liver, carrots, greens
   E. None of the above

2. What is also known as vitamin C?
   A. Retinol
   B. Thiamine
   C. Ascorbic acid
   D. Niacin
   E. Folic acid

3. Besides sources such as fortified milk and fatty fish oils (such as in tuna fish), what is another major mode of obtaining vitamin D?
   A. Topical creams
   B. Sunlight
   C. Artichokes
   D. Fried beef liver
   E. None of the above

4. What is the conversion of glucose to lactic acid called?
   A. Photosynthesis
   B. Glycolysis
   C. Lactolysis
   D. The Krebs cycle
   E. Glycogenosis

5. When is the best time for an athlete to eat carbohydrate-rich foods?
   A. Within 2 hours after training
   B. 1 hour prior to training
   C. In small amounts while training
   D. A half-hour prior to training and throughout the training session
   E. 4 to 6 hours after training

6. At low workloads, muscle cells use _______ for fuel, while _______ is used for periods of intense exercise of short duration.
   A. Fat, protein
   B. Carbohydrate, fat
   C. Fat, phosphocreatine
   D. Protein, carbohydrate
   E. Glycogen, protein

7. In which of the following foods would be a high concentration of the mineral phosphorus be found?
   A. Potatoes
   B. Dark green vegetables
   C. Oranges
   D. Table salt
   E. Milk and cheese

8. Which of the following are the “building blocks” of protein?
   A. Sugars
   B. Amino acids
   C. Triglycerides
   D. Sterols
   E. All of the above

9. The loss of _____ and _____ account for the greatest percentage of electrolytes lost through sweat.
   A. Potassium, chloride
   B. Magnesium, potassium
   C. Sodium, potassium
   D. Potassium, zinc
   E. Sodium, chloride