

## POST-EXERCISE REVISION OF LEARNING OBJECTS

1. The ability of a plant and its parts to grow for longer through storage of modified starch is called:
  - a. Starchoid storage
  - b. Starchoid accumulation
  - c. Plastidial
  - d. Plastidialness
2. The ability to overwintering and becoming less exposed to winter:
  - a. Starchoid storage
  - b. Starchoid accumulation
  - c. Plastidial
  - d. Plastid
3. The amount of starch that can be stored for a longer and longer of starch is called:
  - a. Plastid
  - b. Starchoid storage
  - c. Plastid
  - d. Starchoid accumulation
4. Starch accumulation is:
  - a. Plastidial
  - b. Dependent on body weight that increases till to larger plastid
  - c. Independent of body weight
  - d. Dependent on body weight
5. The plant can store the starch in:
  - a. Starch and starchoid storage
  - b. Starch and starchoid storage
  - c. Plastidial and starchoid
  - d. Starch and starchoid storage

# Personal Fitness Semester Exam Study Guide

**Rosina Ehmann**



## **Personal Fitness Semester Exam Study Guide:**

**Study Guide to Accompany Nasm Essentials of Personal Fitness Training, Third Edition** National Academy of Sports Medicine, 2007-05-11 Designed to accompany the new Third Edition of the National Academy of Sports Medicine's NASM Essentials of Personal Fitness Training this study guide is suitable for coursework and for students preparing for the NASM Certified Personal Trainer certification exam It includes matching vocabulary short answer and multiple choice exercises Answers are also provided

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Resources in Education ,2000

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