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Questions 1–15 discuss general sports nutrition, including the following:	
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• What is hunger?	
• What should my training plate look like?	
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• What are the basic principles of exercise that are needed to optimize training and performance?	
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- Why should athletes consume water as part of their nutrition plan?
- Is thirst a good predictor of an athlete's fluid needs?
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- What constitutes body composition?
- What role do body mass index, waist circumference, and waist-to-hip ratio play in my performance?

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- What are the considerations for athletes training or competing in cold-weather ambient and/or water environments?

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- Where can I find more information about sports nutrition and exercise?

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