

QUIZ POOL #2

NUTRITION AND HYDRATION

1. Your thirst mechanism is a very good indicator of your level of dehydration. T or F?
2. For maximum benefit, it's best to drink water at the rate of 1/4 liter every ____ minutes.
3. Carbohydrates pack more energy per gram than fat. T or F?
4. Fats slow digestion, making them an important morning energy source for the start of a hike. T or F?
5. Glucose (blood sugar) is the only fuel normally used by brain cells. T or F?

COLD INJURIES

1. Hypothermia is a lowering of the body's _____.
2. What is the first core organ to exhibit signs of being affected by hypothermia?
3. Match the following signs/symptoms with the stage of hypothermia. Answer by letter.

A = mild hypothermia

B = moderate hypothermia

C = severe hypothermia

Sign/symptom

Loss of fine motor control in hands

The umbles

Person feels cold/lags behind

Ataxia

Sign/symptom

Fine shivering

Shivering stops

Can't perform complex mental tasks

Uncontrollable shivering

4. List, in point form AND in order, the treatment for mild (and/or) hypothermia.
5. A person with moderate hypothermia has lost the ability to rewarm on her/his own. T or F?
6. It is always okay to use exercise as a treatment modality for someone experiencing mild or moderate hypothermia. T or F?
7. Water conducts heat away from the body approximately __ times faster than air at the same temperature.
8. Exposure of an area to cool, wet conditions for approximately ____ hours is necessary to produce trench foot.

HEAT AND SUN INJURIES

1. Heat cramps will occur if a person is adequately hydrated. T or F?
2. Heat stroke is a life-threatening heat injury. T or F?
3. Clouds block UV radiation. T or F?