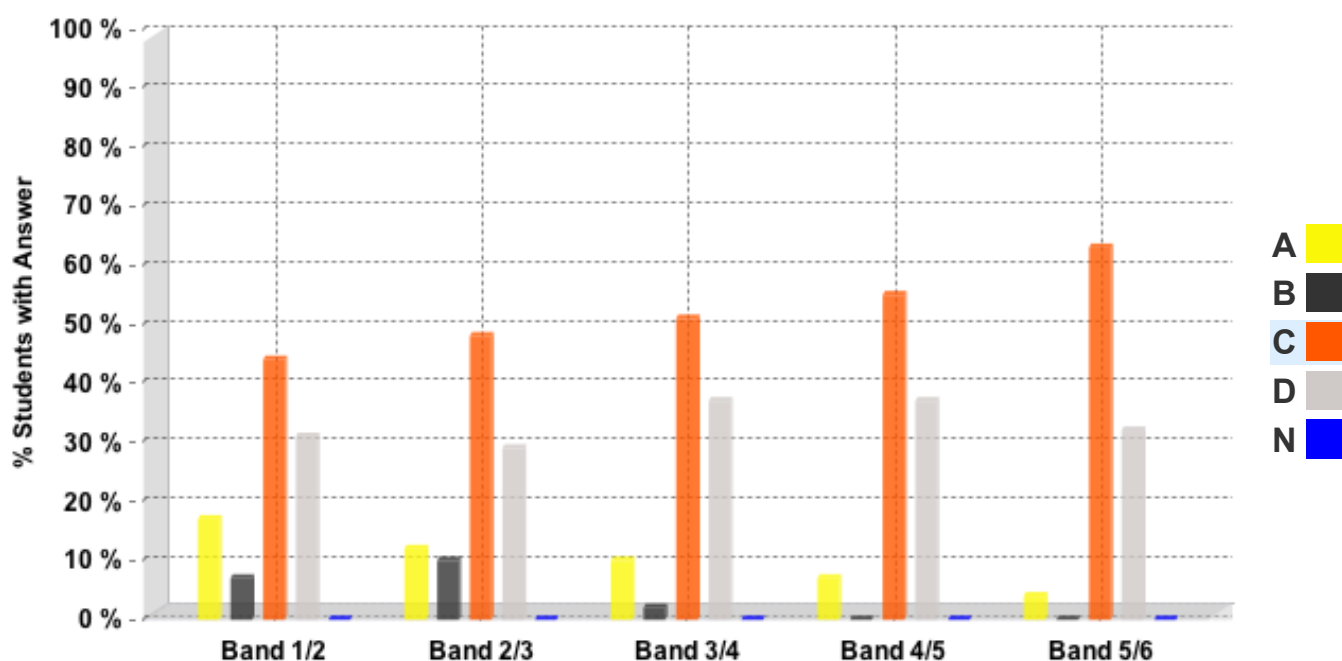


Question 20

What should carbohydrate loading involve?

- A A high GI diet, followed by a 2 - 4 day reduction in exercise load
- B A 2 - 4 day reduction in exercise load, followed by reduction in carbohydrates
- C A balanced diet high in carbohydrates, followed by a 2 - 4 day reduction in exercise load
- D Carbohydrate depletion, a 2 - 4 day reduction in exercise load, then an increase in carbohydrates

HSC Statistics on this Question:



	Band 1/2	Band 2/3	Band 3/4	Band 4/5	Band 5/6
A	17%	12%	10%	7%	4%
B	7%	10%	2%	0%	0%
C	44%	48%	51%	55%	63%
D	31%	29%	37%	37%	32%
N	0%	0%	0%	0%	0%

The table and graph show, for the groups of students whose marks in the examination corresponded to the borderline between two bands, what percentages of each group selected the responses A, B, C and D. N is used to identify: No valid response.

Note that apparent anomalies in the table and graph, such as 0% or 100% of students choosing a particular response, can occur when there are no students (or very few students) who scored the particular examination mark associated with that borderline.