

Unit Examination #2 (100 points) Nutrition, Exercise & Fitness and Weight Control. You are responsible for chapters (9, 10, 11 & first 14 pages in Chapter 12) in text, all handouts in class, group discussions in class, lecture notes, films, etc.

You will need to know information from entire nutrition handout & vitamins, minerals and their functions in the body. Be familiar with vitamin deficiencies (Beriberi, scurvy, etc.) How do you know how much protein you need? Fats? Carbohydrates? Know about amino acids. Know how to read a food label and what should be included on food labels. What is the normal % of body fat for males and females? How does the new pyramid food guide work?

Define: vegetarian, vegan, ovo-lacto vegetarian, etc., obesity, morbid obesity, anorexia, Night –time eating, Restricted eating, exercise resistance, Bulimia, isotonic, isometric, aerobic, anaerobic, isokinetic, atherosclerosis, fatty plaque, HDL, LDL, cholesterol, trans-fatty acids, resistance exercises, ectomorph, mesomorph, endomorph, lumbar lordosis, scoliosis, kyphosis, target heart rate, BMI, R-I-C-E, duration, beta carotene, phytochemicals, complex carbohydrates, trans-fats, megadose, nutrient density, Kcalories, antioxidants, phytochemicals, RDAs, set point, overweight, metabolism, metabolic rate, RMR, ligament, ballistic stretching, static stretching, anabolic steroids, non-essential fat, storage fat.

How do you prevent injuries when you exercise? What is meant by apple and pear shapes? What diseases are associated with obesity? How about being too thin? What health problems are assoc. with Bulimia? Anorexia? What are the health benefits of a physically active lifestyle? What are the different types of aerobic exercises? Why are warm-ups and cool-downs important? How many times a week should you exercise? How long should your workouts be? Be familiar with the causes of back pain. What are problems associated with ephedrine? Why do most diets fail? Define binge-eating disorder.

Be aware of how the cardiovascular system responds to exercise. What is an EKG? Define FITT. What is overload? Why is warm-up and cool-down important to prevent injury? Define resistance exercise and how it works. How can you care for common injuries. What does “Energy in and Energy out” mean? How many calories does it take to lose 1 pound of body fat? What makes up body composition? How does body fat distribution affect your health and your body image? Know the symptoms of diabetes mellitus. What are the risk factors for cardiovascular diseases? Define hypertension, atherosclerosis, LDL, HDL, cholesterol, triglycerides. Know the circulation of the heart and systole and diastole.