Review For Exam 2

Chapters 5 - 7

1. List and define the five components of physical fitness.

2. List and describe five benefits of exercise. (Ie. Why exercise?)

3. What does FITT stand for? How would it apply to someone who is just beginning an aerobic conditioning program?

4. Describe the difference between acute injuries and overuse injuries. How can they be treated?

5. List the six essential nutrients and explain the function of each.

6. Describe the two different categories of vitamins and give some examples of the vitamins you would find in each of the categories.

7. Briefly explain the key themes of the MyPyramid Food Guidance System.

8. Compare and contrast two dietary practices. (Ie. Different vegetarian diets, American vs Mediterranean, etc)

9. Define obesity. List five factors that may lead to obesity.

10. Briefly explain two laboratory methods, plus two other methods, for determining body composition.

11. Describe the difference between hunger and appetite. List two hormones that influence hunger and appetite.

12. Describe three different types of diet traps and explain how they can be harmful to your health.

13. Describe the symptoms and health risks associated with anorexia nervosa and bulimia nervosa.