

# Agenda

- Group Project
- Student Presentations
- Eating Disorders
  - Anorexia Nervosa
  - Bulimia Nervosa
- Cardiovascular Disease
  - Cardiovascular system
  - Atherosclerosis
  - Coronary artery disease and heart attack
  - Stroke
  - Congestive heart failure
  - Major controllable and noncontrollable factors in cardiovascular health

2

## Extra Credit

- Today's cooking class is Jambalaya and there are still plenty of spots open. You can sign up as late as 2pm today. To register for Cooking Classes, call **706-542-8690**, you will get to receptionist and ask to register you for the classes. It's worth 5 points extra credit.



3

## Group Project

- Group Project (150pts)
  - Assigned to groups of 4-5 students
  - Presentations begin 4/17
  - Topics by 2/26
  - **Outline by 3/7**
  - Rough draft by 4/1
  - 15-20 minutes maximum
  - Creativity encouraged
  - Meet group members in-class



## Current News Articles

- Jacob

[http://journals.lww.com/cjsportsmed/Abstract/2004/01000/Unreported\\_Concussion\\_in\\_High\\_School\\_Football.3.aspx](http://journals.lww.com/cjsportsmed/Abstract/2004/01000/Unreported_Concussion_in_High_School_Football.3.aspx)

- Vavina

<http://news.yahoo.com/us-26-countries-launch-effort-fight-outbreaks-153711033.html>

- Gabrielle

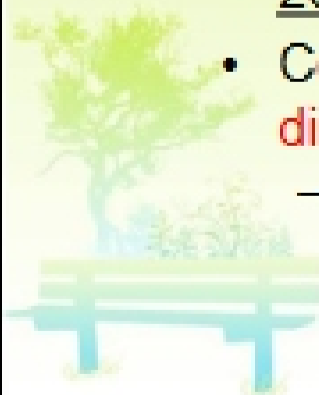
[http://www.nytimes.com/2014/03/03/health/rare-gene-protects-against-type-2-diabetes-even-in-obese-people.html?ref=science&\\_r=0](http://www.nytimes.com/2014/03/03/health/rare-gene-protects-against-type-2-diabetes-even-in-obese-people.html?ref=science&_r=0)



5

## To Recap

- **Body image**  
Mental representation that a person has of his or her own body, including perceptions, attitudes, thoughts and emotions
- Culture has a strong influence on body image
- Body fat increases in healthy girls from 12% to 25% during puberty
- Continuous body dissatisfaction can lead to **eating disorders**:
  - Conditions characterized by severely disturbed eating behaviors and distorted body image



6