

WORKSHEET: BODY COMPOSITION:

1. The human body is composed of _____ and _____.

2. Essential fat makes up _____ % body weight in men and _____ % body weight in women.

3. Essential fat is higher in women because of deposits in the _____ and _____.

4. Adipose tissue is stored _____ and _____.

5. We primarily get fat from our _____.

6. 1 lb of body fat yields _____ calories.

7. When prescribing a weight loss program we consider _____ and _____.

8. We assess body weight using a _____.

9. We assess a person's health risk through _____.

10. _____ is the normal fat range for men

And _____ is the normal fat range for women.

11. _____ is the gold standard to assess body composition.

12. Hydrostatic weighing and Bod Pod both follow the principle of _____.

13. Skin folds assess the quantity of _____ fat.

14. Bioelectrical Impedance uses the principle of _____ to determine body fat content.

SHORT ANSWERS:

1. Functions of essential fat:

2. Methods of analyzing body composition and their Pros [Advantages] and Cons [Disadvantages]: