

HPRB 1710  
Topics for the Second Exam

CHAPTER FIVE

Types of Nutrients

- Essential nutrients (macronutrients, micronutrients)

Water –the unappreciated nutrient

Carbohydrates – your body's fuel

- Simple Carbohydrates
- Complex Carbohydrates
- Fiber

Protein – nutritional muscle

Fats – a necessary nutrient

- Saturated Fats
- Mono- and polyunsaturated fats
- Cholesterol
- Trans fats

Vitamins

Dietary guidelines for Americans

- My Plate

Overconsumption of soft drinks

High-sodium diets

Energy bars, energy drinks, and relaxation drinks

Fast Foods

Food-borne illnesses

CHAPTER SIX

What is fitness?

- Physical fitness
- Health-related fitness

Benefits of physical Activity and Exercise

Guidelines for Physical Activity and Exercise

Components of Health-related Fitness

Cardio-respiratory fitness

Muscular Strength and endurance

- Strength training
- Intensity and duration
- Cross-training
- Core-strength training
- Drugs and Dietary supplements
  - o Anabolic steroids
  - o Human growth hormone

Flexibility

Body composition

Improving your health through moderate physical activity

- Making Daily Activities more active

- Walking for Fitness
- Taking the stairs

Health and safety precautions

- Warm-up and Cool-Down
- Fatigue and Overexertion
- Soft Tissue Injury
  - o R-I-C-E principle

## CHAPTER SEVEN

Overweight and obesity trends

BMI

Body Fat percentage

Body fat distribution

Issues related to overweight and obesity

Diabetes and obesity

The problem of underweight

What factors influence your weight? (pp. 154-160)

Energy Balance

Estimating your daily energy requirements

- Basal Metabolic Rate

Adjusting your caloric intake (you will have calculations about this, do understand that 1 pound of fat stores 3,500 calories)

- Safe weight loss principles

## CHAPTER EIGHT

What shapes body image?

Women and body image

Men and body image

Ethnicity and body image

Sports and body image

**Disordered Eating and Eating Disorders (pp 174 -178) (make sure you know this really well)**

**Health Consequences of eating Disorders (make sure you know this really well)**

Treating eating disorders

Body Dysmorphic Disorder (definition, main criteria)

Exercise Disorders

- Female Athlete Triad
- Activity Disorder

## CHAPTER 14

Cardiovascular Disease

Atherosclerosis

Coronary Heart Disease and Heart Attack

Arrhythmias

Sudden Cardiac Death

Stroke

- Ischemic strokes
- Hemorrhagic strokes
- Subarachnoid hemorrhage
- Transient ischemic attack

Major controllable factors in cardiovascular health

Contributing Factors in Cardiovascular health

Non-controllable factors in cardiovascular health