

Final Exam Study Guide

Section A

1. Define negative and positive energy balance. How does it relate to the energy sources the body uses?

Negative energy balance occurs when energy intake is below the energy intake levels needed, resulting in weight loss.

Positive energy balance occurs when energy intake is above the energy intake levels needed, resulting in weight gain.

2. Define adipocytes. What happens when a person gains weight?

Adipocytes (fat cells) are composed of adipose tissue. During weight gain, adipocytes get larger, resulting in fat accumulation.

3. What is the physiological response to having eaten enough called?

Satiety

4. What are the unintended consequences of gastric bypass surgery?

Reduces nutrient digestion and absorption, diarrhea and vomiting may occur.

5. Define gastric banding. What is the effect on food content?

It is a surgery that helps with weight loss and limits the amount of food you can eat

6. Define satiety.

Having eaten enough

7. What is BMR and how does that change with age?

basal metabolic rate

As you get older the lower your basal metabolic rate gets, every ten years it decreases 2-5%

8. Define Thermic Effect of Food (TEF). How do you calculate TEF?

Energy expended for nutrient absorption and metabolism of nutrients. take the total calories consumed for the day and multiply it by 0.1 and 0.05 to get the range

9. What is EER and how is it calculated?

Estimated Energy requirements -

•Adult man: $EER = 662 - [9.53 \times \text{age (y)}] + PA \times [15.91 \times \text{wt (kg)} + 539.6 \times \text{ht (m)}]$

•Adult woman: $EER = 354 - [6.91 \times \text{age (y)}] + PA \times [9.36 \times \text{wt (kg)} + 726 \times \text{ht (m)}]$

10. Calculate the BMI for a person who weighs 185 pounds and is 5 feet 5 inches tall.

30.79 calculated by using this formula - $\text{weight/height (in)}/\text{height (in)} \times 703$

11. What are the characteristics of central adiposity?

central adiposity is the accumulation of fat in the lower torso around the abdominal area. central adiposity is a function of both subcutaneous fat and visceral fat

12. How does waist and hip circumference play a role in body composition?

They indicate fat content

13. Carla has lost 30 pounds. How many fewer calories does she now need every day just to maintain her new lower weight? 240 calories

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Table of Contents Energy Exam Study Guide Answers

1. Understanding the eBook Energy Exam Study Guide Answers
 - The Rise of Digital Reading Energy Exam Study Guide Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Energy Exam Study Guide Answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Energy Exam Study Guide Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Energy Exam Study Guide Answers
 - Personalized Recommendations
 - Energy Exam Study Guide Answers User Reviews and Ratings
 - Energy Exam Study Guide Answers and Bestseller Lists

5. Accessing Energy Exam Study Guide Answers Free and Paid eBooks
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 - Energy Exam Study Guide Answers eBook Subscription Services
 - Energy Exam Study Guide Answers Budget-Friendly Options
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 - Energy Exam Study Guide Answers Enhanced eBook Features
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 - Adjustable Fonts and Text Sizes of Energy Exam Study Guide Answers
 - Highlighting and Note-Taking Energy Exam Study Guide Answers
 - Interactive Elements Energy Exam Study Guide Answers
8. Staying Engaged with Energy Exam Study Guide Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Energy Exam Study Guide Answers
9. Balancing eBooks and Physical Books Energy Exam Study Guide Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Energy Exam Study Guide Answers
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Energy Exam Study Guide Answers
 - Setting Reading Goals Energy Exam Study Guide Answers
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Energy Exam Study Guide Answers
 - Fact-Checking eBook Content of Energy Exam Study Guide Answers
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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