

LECTURE #9 NOTES

OBJECTIVES

- Understand inadequacy of height weight tables for establishing optimal body weight
 - Describe the body composition for the reference male and female
- Describe differences between obesity and overweight
- Describe the health risks of obesity
Describe how to measure body composition
Describe the metabolic syndrome
Identify standards for overfatness

LEVELS OF COMPOSITION OF THE HUMAN

THE REFERENCE MALE AND FEMALE

MEASURING BODY COMPOSITION

BODY COMPOSITION METHODS

ARCHIMEDES PRINCIPLE FOR MEASURING BODY VOLUME

BMI

OTHER BODY COMPOSITION METHODS

STANDARDS FOR OVERFATNESS

DETERMINING GOAL BODY WEIGHT

OBESITY V OVERFATNESS

TYPES OF OBESITY

METABOLIC SYNDROME X

FAT CELLS