**Chapter 9 – Weight Management: Overweight, Obesity, and Underweight**

1. Describe how body fat develops and why it can be difficult to maintain weight gains and losses.

b. Explain fat cell development and its role in obesity.

d. Discuss the set point theory of obesity.

2. Review some of the causes of obesity.

a. Discuss the role of genetics, leptin, and ghrelin in the development of obesity.

b. Identify environmental causes of obesity.

3. Explain the risks and benefits, if any, of aggressive ways to treat obesity.

4. Outline reasonable strategies for achieving and maintaining a healthy body weight.

a. List diet planning strategies for successful weight loss.

b. Explain the role of exercise in weight management.

5. Summarize strategies for gaining weight.

a. Explain weight-grain strategies.

6. Contrast the differences between popular fad diets and weight-loss diets based on sound nutrition.

**Chapter 14 – Fitness: Physical Activity, Nutrients, and Body Adaptations**

1. Describe the health benefits of being physically fit and explain how to develop the components of fitness.

2. Identify the factors that influence fuel use during physical activity and the types of activities that depend more on glucose or fat, respectively.

a.. Describe the use of glucose and glycogen as body fuels during exercise.

b. Describe a diet to minimize glucose depletion during exercise.

c. Explain the principle of carbohydrate loading, including the diet to build glycogen stores.

d. Explain the role of dietary and body fats during prolonged exercise.

e. Describe the uses of protein during exercise and determine the protein needs of the athlete.

3. List which vitamin and mineral supplements, if any, athletes may need and why.

a. Discuss the roles of vitamin E and iron in the athlete.

b. Explain sports anemia and the iron requirements for the athlete.

4. Identify the factors that influence an athlete’s fluid needs and describe the differences between water and sports drinks.

a. Discuss fluid needs of the athlete and the symptoms and consequences of inadequate intake.

b. Describe the hydration schedule for physical activity and the need for electrolyte replacement.

c. Discuss the effects of caffeine and alcohol on an athlete’s performance.

5. Discuss an appropriate daily eating pattern for athletes and list one example of a recommended pregame and recovery meal.

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**Chapter 18 – Diet and Health**

1. Identify factors that protect people from the spread of infectious diseases and describe the role of nutrition in immunity.

a. Describe the immune system and the cells that compose it.

b. Identify nutrients that are known to enhance immunity.

c. Discuss the development of HIV and AIDS

d. Discuss the inflammatory process

2. List the leading nutrition-related causes of death in the United States.

a. Discuss the role of nutrition and lifestyle in the development of chronic disease.

3. Describe how atherosclerosis develops and strategies to lower blood cholesterol levels.

a. Describe cardiovascular diseases and risk factors in the development of each.

b. Discuss the role of nutrition in the prevention and treatment of the cardiovascular disease.

4. Present strategies to lower blood pressure.

5. Compare the dietary strategies to manage type 1 diabetes with those to prevent and treat type 2 diabetes.

6. Differentiate among cancer initiators, promoters, and antipromoters and describe how nutrients or foods might play a role in each category.

7. Summarize dietary recommendations to prevent chronic diseases.

**Read, print the materials and visit each website and watch the following videos:**

1. Textbook: Chapter 9, 14 and 18

2. Chapter resources listed in the module

3. Videos: Watch the videos listed in the canvas module

**Class Assignments Due:**

1. Module Discussion
2. Test your Knowledge Assignments in Cengage
3. Notes Assignment: Using Chapter 9, 14, 18 of our nutrition textbook, read and work your way through each chapter and record a response to each of the questions listed above. Submit the question and answer under the Notes Assignment.
4. Supplementary Module and Media Exercises
5. Review and submit any upcoming assignments