

## *Health Opportunities Through Physical Education*

### Ch. 13 Quiz: Body Composition Facts

\_\_\_\_/20 points

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

1. A person's body composition is made up of \_\_\_\_\_ tissue and \_\_\_\_\_ tissue (4 points).

2. List six factors that might contribute to a person's body fat level (6 points).

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_

3. Match each term to the correct definition (4 points):

- |                         |                                                        |
|-------------------------|--------------------------------------------------------|
| ____ essential body fat | a. being especially overweight or high in body fatness |
| ____ obesity            | b. having body weight that falls below normal ranges   |
| ____ overweight         | c. the minimum amount of fat needed by the body        |
| ____ underweight        | d. having body weight that exceeds normal ranges       |

4. Place the appropriate name of the body composition assessment technique next to each description (6 points):

- a. \_\_\_\_\_ This technique measures how thick the layer of fat is just below the skin.
- b. \_\_\_\_\_ This technique uses height and weight to generate a number and to determine overweight or underweight status.
- c. \_\_\_\_\_ This technique measures waist and hip circumference to determine where body fat is located and what risk it poses.

## *Health Opportunities Through Physical Education*

### Ch. 13 Quiz: Energy Balance

\_\_\_/20 points

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

1. Maintaining balance between caloric intake and caloric expenditure is known as \_\_\_\_\_ (2 points).
  
2. Which of the following statements accurately reflects the FIT formula for fat control (4 points)?
  - a. To lose 1 pound of fat, you must burn 3,500 more calories than normal.
  - b. To lose 1 pound of fat, you must eat 3,500 fewer calories than normal.
  - c. To maintain your weight, you must keep the number of calories you eat and the number you expend the same.
  - d. All of the statements accurately reflect the FIT formula for fat control.
  - e. None of the statements accurately reflect the FIT formula for fat control.

Identify the following statements as true or false (8 points).

3. Exercise cannot be effective for fat loss because it takes many hours of exercise to lose a pound of fat.  
TRUE or FALSE
4. Exercise does not help fat loss because it increases appetite and causes you to overeat.  
TRUE or FALSE
5. Most people with too much body fat do too little physical activity, eat too much, or both?  
TRUE or FALSE
6. You can spot-reduce by exercising a specific body part.  
TRUE or FALSE

7. Define physical self-perception and give one reason why it is important (6 points).

---

---

---

---