HES-1 - 11am. Learning Objectives for EXAM 2 (ch. 5, 6, 7, 8, 9)

EXAM 2: Tuesday, April 8

**Bring #2 pencils, eraser

Chapter 5: Endocrine System and Sleep
- Define the endocrine system and its components; define sleep and sleep deprivation
- Describe the health effects of sleep with regard to growth, immune function, learning, and quality of life
- Describe what makes us sleep, including the roles of the SCN, the pineal gland, and the hormone melatonin
- Describe the structure of sleep (stages) including brain activity and physiological changes during the sleep cycles.
- Describe the general pattern of REM and non-REM sleep over one full night’s sleep (8 hours).
- List 8-10 tips for getting a good night’s sleep

Chapter 6: Digestive System and Nutrition
- Functions of digestive system, identify organs and glands and their basic functions
- Define and discuss nutrition and related terms, six essential nutrients
- Examples of, benefits of, and recommendations for the six essential nutrients
- What are major sources of the essential nutrients, including different types of carbohydrates, fats, and proteins, types of dietary fiber, and dietary cholesterol
- Discuss tips for healthy nutrition and importance and practice of reading Nutrition Facts labels

Chapter 7: Musculoskeletal System and Fitness
- List functions of the musculoskeletal system; describe basic tissue types (bones, tendons, ligaments, muscle);
  identify and describe two divisions of skeletal system and three types of muscle
- Five physical fitness components – define, benefits, recommendations for developing each component
- Identify major benefits of physical fitness; Identify a high risk waist circumference and its significance
- Describe the “fat burning myth”
- Describe four exercise principles, including the FITT Principle and its significance and application

Chapter 8: Weight Management and Body Composition
- Define obesity in quantitative terms (specific % body fat), Body Mass Index – how is it useful, Optimal % body fat for males and females; Define high risk waist circumference for males/females; Describe significance of pear and apple body shapes; Define metabolism
- Identify factors that influence one’s weight
- Explain, giving two clear reasons, why dieting is not successful (effects of calorie restriction only, importance of following a nutrition plan that is reasonable and sustainable)
- Describe the Hunger Scale, its numbers/meanings, and its application

Chapter 9: Body Image
- Define body image and discuss what shapes it, including differences between men and women
- Discuss effects of puberty on body image
- Briefly describe eating disorders and disordered eating, how are they different? Describe contributing factors to both and thought patterns associated with eating disorders (pp. 177-179 in text)
- Briefly describe three main eating disorders: Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder; and briefly discuss treatments for Eating Disorders
- Define Body Dysmorphic Disorder, its effects on one’s psychological and behavioral functioning