Chapter 8: Water and Minerals

Definition and difference of major minerals and trace minerals.

Why water is indispensable - as a solvent, cleaning agent, lubricant and coolant.

Dehydration - the signs of dehydration.

Safety of drinking water and where it comes from - surface water vs. ground water

How your body fluids and minerals interact

Major minerals: Calcium, phosphorus, magnesium, sodium, chloride. A good place to look over info for these are those snapshots.

Trace minerals: Iodine, iron, zinc, fluoride. Again, good place to go for an overview is the snapshots. Anemia and its causes and what happens when you are anemic.

Chapter 9: Energy Balance and Healthy Body Weight

Risks of being underweight. Risks of being overweight. What is a BMI. What is a BMR

Hunger and Appetite. Figure 9.9. Stomach hormone, grehlin, and "go" signals.

The body's responses to feasting and fasting.

Chapter 10: Nutrients, Physical Activity and the Body's Response

Benefits of exercise. The difference between flexibility, muscle strength, muscle endurance and cardiorespiratory endurance.

How muscles gain in strength and size. Resistance training and how it changes your body over time. Cardiovascular work outs and how they benefit your heart.

Anaerobic use of glucose and production of lactate in exercising. Aerobic use of glucose and fatty acids. How both processes are utilized when you are exercising and which type of exercise incurs which process more often.

The importance of fat, carbohydrates and proteins in an athlete's diet.

Chapter 11: this chapter will not be on the test. I will add a couple of questions to the final that pertain to Diet and Health.