

Nutrition Study Guide
Chapter Ten
Physical Activity and Fitness

- 1 What is meant by fitness? Why must both the cardiovascular and respiratory system function properly to ensure fitness?
- 2 What is the difference between resistance training and aerobic training?
- 3 What are the benefits of exercise?
- 4 What is the significance of the aerobic zone?
- 5 What is the significance of aerobic metabolism and anaerobic metabolism? What is “hitting the wall” mean?
- 6 What is the female athletic triad?
- 7 What happens to your energy level when you are dehydrated?
- 8 What is the significance of heat exhaustion and heat stroke?
- 9 What are the effects of taking growth hormone or anabolic steroids?
- 10 What are ergogenic aids?