**Multiple Choice:** Choose the best answer choice for each question.

1.) ________ may be described as the global epidemic of high rates of overweight and obesity in multiple regions of the world.
   a.) Obesogenic
   b.) Worldwide Obesity Statistics
   c.) Obesidemic
   d.) Globesity

2.) The BMI levels for overweight people fall between _____ and ______.
   a.) 18 and 25
   b.) 25 and 29.9
   c.) 24 and 29
   d.) 20 and 30

3.) These body fat calculating methods have the lowest margin of error (2-3%).
   a.) Underwater Weighing and the Bod Pod
   b.) Skinfolds and the Bioelectrical Impedance Analysis
   c.) Dual-Energy X-Ray Absorptiometry and Skinfolds
   d.) Underwater Weighing and Skinfolds

4.) This occurs when a patient’s blood becomes more acidic, causing severe damage to body tissues.
   a.) Kitosis
   b.) Ketoacidosis
   c.) Keetoacidosis
   d.) Kitosisacidosis

5.) This eating disorder is characterised by overeating and then purging after meals. Often times, this disorder is considered to be “hidden from the public eye”.
   a.) Anorexia nervosa
   b.) Bulimia nervosa
   c.) Binge-eating disorder
   d.) Anorexia athletica

**True/False Questions:** Label each statement as being true or false.

1.) ________: Body image and the way you portray yourself are the same thing.
2.) ________: Liposuction is a treatment designed for weight loss.
3.) ________: The number and size of your muscles do not impact the calories you burn.
4.) ________: Yo-Yo diets are valid diet plans which lead to long term, healthy weight loss.
5.) ________: People who are obese have a BMI of 30 or more.
**Matching:** Match the term with the definition.

1.) Healthy Weight: ______  
2.) Body Mass Index: ______  
3.) Eating Disorder: ______  
4.) Compulsive Exercise: ______  
5.) Calorie: ______

a.) Description of body weight relative to height  
b.) Also known as *Anorexia athletica*  
c.) Defined as having a BMI of 18.5 to 24.9  
d.) Any of a range of psychological disorders characterized by abnormal or disturbed eating habits  
e.) Unit of measurement indicating amount of energy consumed or expended

**Fill In The Blank:** Fill in the term based off of its definition.

1.) ____________ means characterised by environments that promote increased food intake, unhealthful foods, and physical inactivity.  
2.) The ____________ measures regional fat distribution. One that is greater than 1 in men and 0.8 in women indicates increased health risks.  
3.) In ____________ an inflatable band partitions off the stomach, leaving only a small opening between its two parts so the stomach is smaller and the person feels full more quickly.  
4.) Individuals with ____________ gorge, but do not take excessive measures to lose the weight they gain; they are often clinically obese.  
5.) The ____________ is a cluster of three interrelated health problems that occur when a female athlete over exercises and/or under eats.

**Define, Differentiate, and Describe:** Reply in a short response to each question.

1.) Describe why the environment Americans live in is considered obesogenic. How does this contribute to weight gain around the nation?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

________
2.) Describe how hormones influence weight gain. What solutions are there for people with these hormonal imbalances?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

3.) Describe the difference between one’s Basal Metabolic Rate and their Resting Metabolic Rate.

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

4.) Describe the correlation between societal standards of beauty and eating disorders.

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

5.) Describe the set-point theory.

______________________________________________________________________________
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______________________________________________________________________________