3: Unit 3

Learning Objectives

At the end of unit, you will be able to:

- Discuss how body composition influences wellness
- Identify current body composition recommendations
- Re-assess fitness level, body mass index (BMI), and waist circumference
- Evaluate the progress of your fitness program and make the necessary adjustments
- Define body composition terminology such as overweight, obese, underweight, fat-free mass, essential fat, and nonessential fat
- Determine recommended energy requirements and own current energy intake
- Explain the physiological function of essential nutrients
- Outline current nutrition guidelines for healthy adults and for individuals with special dietary needs, and how to maintain a lifetime healthy diet
- Articulate the importance of portion size and food labels on a well-balanced diet
- Compare the nutritional characteristics and affordability of various foods and how you can use this information to implement a personal nutrition plan to promote wellness
- Describe the basic anatomy and physiology of the musculoskeletal system and how it is affected by exercise
- Define muscular strength and muscular endurance and describe the benefits of each
- Apply the FITT dimensions to the development of a muscular fitness program and select safe and effective muscular strength/endurance exercises for major muscle groups to accomplish your goals

Now that you have passed “Go!” and have been traveling along your journey, in this unit you will make some changes and then “Keep Going!”
• No image available6: Discussion- How’s it Going?
• No image available7: Body Composition
• No image available8: Nutrition
• No image available9: Muscle Strength and Endurance

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