

Review for Exam 3

Sports Nutrition

- What are the benefits of exercise, both in the short term and in the long term?
- How does exercise help you to reduce your weight?
- How much exercise should you get? How intense? How do we measure the intensity of exercise?
- What is maximal heart rate? How do we predict the maximal heart rate for a human being?
- How do we get energy for exercise? What are the different systems that are used? What is the advantage of each? What is the disadvantage? Which ones do we use most as we exercise more intensely or for longer periods?
- What fuel do we need most for exercise of long and short duration? What fuel does the body try not to use?
- What can an athlete do (nutritionally) to prepare for an extended bout of exercise?
- What should an athlete do after exercise?
- How is an athlete's ideal diet different from everyone else's?
- Why is it important to maintain fluid balance during exercise? What is the value of sports drinks?

Eating Disorders

- What are the different kinds of eating disorders? How are they defined and diagnosed?
- What are the risk factors for eating disorders?
- What psychological factors are important in eating disorders?
- What is dysmorphia? What are the different kinds?
- Who gets eating disorders?
- What kinds of eating disorders do athletes get? How are women athletes (often) different from male athletes? What is the Female Athlete Triad?
- What are the medical complications of the different eating disorders?
- What kinds of treatment and prevention are advised for eating disorders? How successful are they?

Preganancy, Breast Feeding and Infant Feeding

- Describe the phases of pregnancy. What happens in each trimester? How long is each?
- When is the baby at the most risk for different kinds of birth defects?
- What is low birth weight? What are its causes and effects?
- What is normal weight gain during pregnancy? What components make up that weight?
- How do nutritional needs change during pregnancy?
- What vitamins and minerals are particularly important during pregnancy?
- What are the recommended guidelines for exercise during pregnancy?
- What is morning sickness? How can it be prevented or minimized?
- What kinds of food cravings are normal? What should the mother do about them? What kinds are abnormal?
- What adverse health conditions are associated with pregnancy? What are their effects on the

mother and child?

- What other health precautions should a pregnant mother be aware of? Why? What are the effects of smoking tobacco, drinking alcohol or taking drugs while pregnant? What is the placenta, and how is it related to these issues?
- What are the advantages of breast feeding? What are the preferred modes of nutrition for infants, and in what order of preference? Why? What are the advantages of each?
- How long should breast feeding continue?
- What are the nutritional needs of a breast-feeding mother? What foods should a breast-feeding mother avoid?
- What other nutritional needs do infants have?
- How should solid foods be introduced? When?

As We Grow

- How do our nutritional requirements change over our lifetimes?
- When are our fastest periods of growth?
- How should our daily intakes of Calcium, Iron, Carbohydrates, Proteins, Fats and Vitamin D change over our life?
- What causes changes in our food preferences, in childhood, adulthood and old age?
- When is anemia a problem?
- What psychological and medical factors might affect the eating habits of older adults? What changes do we expect to see?