Date: \_\_/\_\_\_\_/\_\_\_ ***Directions: 1) a. pick up a textbook (Sports Medicine Essentials) b go to computer lab at direction of teacher 2) log-on & go to*** [***www.amshoffonline.weebly.com***](http://www.amshoffonline.weebly.com) ***, click classes, click essentials sports medicine, click nutrition and weight management 3) Watch and follow PowerPoint presentation at your pace.4) complete ticket out as you follow along 5) log-off at end of period and submit ticket-out***

***Item description***

*Creeping Obesity \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Over-fat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Overweight \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Quick energy comes from this*

*Dietary fiber \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Energy expenditure \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Energy intake \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*\_\_\_\_\_\_\_\_\_\_\_ a safe goal for increasing weight*

*Page 138; answer questions 11-15. Put the answer son these lines. 11) \_\_\_ 12) \_\_\_\_ 13) \_\_\_\_ 14) \_\_\_\_\_ 15) \_\_\_\_\_*

*Summarize the chapter here:*

*\_\_\_\_\_/35 points*