

Vocabulary

Vocabulary

Study the vocabulary words and definitions below.

- anorexia nervosa** an eating disorder in which a person refuses to eat and suffers severe weight loss; also called *starvation sickness*
- body composition** the percentage of body weight that is fat compared to lean body tissue such as muscle, bone, and other tissues and organs; one of the measurements of your physical fitness
- bulimia** an eating disorder in which a person overeats and then vomits, or uses diuretics or laxatives to get rid of the food before it is digested
- calorie** a unit of heat that measures the energy available in food; about 3500 extra calories equal one pound of fat
- carbohydrate** a nutrient in food that is the main source of energy for the body
- diuretics** drugs used to increase the amount of fluids lost through urine
- ectomorph** a body type characterized by a slender, lean frame with long bones and muscles

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electrolyte a mineral whose electrical charge helps control the body's fluid balance
Example: Sodium (Na^{++}), calcium (Ca^{++}), and potassium (K^{+}) are examples of electrolytes.

endomorph a body type characterized by a soft roundness, heavy legs, narrow shoulders, and a large chest

fallacy a mistaken idea

fat flabby and untoned tissue; a nutrient in food that provides energy and can be stored in the body

ideal body weight how much you would weigh if your body fat percentage were in the healthy range

lean body mass the makeup of your body that is muscle, bone, tissue, and organs, but not fat

mesomorph a body type characterized by a well-proportioned muscular, athletic physique

nutrients substances found in food that the body must have to function properly; provide energy and materials for growth and repair of body tissues

obese having an excessive amount of body fat

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- overfat** having more than a recommended percentage of body fat
- overweight** weighing about 10 percent more than the weight considered desirable for a particular height or age
- protein** a nutrient in food that helps the body build and repair body tissue and provides energy
- skinfold calipers** an instrument used to measure the body fat directly under the skin
- somatotype** your personal body type in terms of your body composition related to heredity
- underfat** having less than a recommended percentage of body fat