

Module 2 Exam Topic Outline

Knowledge Translation Chapter 9

Nested Model of Health — Health Literacy —
Knowledge Translation — Sources of Information —
Clinical Trials — Sample Size

Body Composition Chapter 10

Body Dysmorphia — Two Component Model —
White Adipose Tissue — Brown Adipose Tissue —
Beige Adipose Tissue — Types of Fat Distributions —
Elimination of Lipids — Four Component Model —
Anatomical Model — BMI — Obesity —
Healthy Body Image

Body Composition Assessment Chapter 11

Skinfold Assessment — Bioelectric Impedance Analysis —
Plethsmography — Absorptiometry — Imaging
Relative Body Composition

Obesity Theories Chapter 12

Thrifty Gene Theory — Set-Point Theory —
Neural Circuitry in the Hypothalamus —
Social Learning Theory — Community Impacts —
Epigenetics — Thrifty Phenotype Theory —
Behavioral Influences — Theory of Effort Minimization

Energy BalanceChapter 13

- Direct Calorimetry — Atwater Indirect System —
- Metabolic Rate — Thermic Effect of Food —
- Activity Expenditure — Habitual Energy Balance —
- Starvation Response —
- Relative Energy Deficiency Syndrome

Energy Balance Assessment Chapter 14

- Resting Metabolic Rate — Basal Metabolic Rate —
- Accuracy vs Precision — Perceived Energy Balance
- Scarcity Effect —
- Eating for Health