

GLENCoe
**FOUNDATIONS OF
PERSONAL FITNESS**

CHAPTER 5
Your Body Composition

Lesson 1
The Basics of Body Composition



What You Will Do

- Identify various body types.
- Analyze how your body composition can influence your functional health and fitness.
- Determine your BMI.



Terms to Know

ectomorph

mesomorph

endomorph

lean body weight

body mass index (BMI)

body composition

overweight

essential fat

excessive leanness

overfat



The Basics of Body Composition

There is no single ideal body weight, size, shape, or body type for everyone.



Your Body Type

A person with the **ectomorph** body type has a lean appearance, often with long, slender arms and legs.

Term to Know

Ectomorph

Body type characterized by a low percentage of body fat, small bone size, and a small amount of muscle mass and size.

Your Body Type

A person with the **mesomorph** body type appears muscular and well-proportioned.



Term to Know

Mesomorph

Body type characterized by a low-to-medium percentage of body fat, medium-to-large bone size, and a large amount of muscle mass and size.

Your Body Type

The **endomorph** body type is characterized by a round face, short neck, and wide hips.



Term to Know

Endomorph

Body type characterized by a high percentage of body fat, large bone size, and a small amount of muscle mass and size.

Your Body Weight

There is no one ideal weight, but there are healthy ranges for each individual.

When you compare two people of the same size, one may weigh more because they have more **lean body weight**. ▶

Term to Know

Lean body weight

The combined weight of bone, muscle, and connective tissue.

Your Body Weight

One way to determine if your weight is within a healthy range is by using **Body Mass Index (BMI)**.

Term to Know

Body Mass Index (BMI)

A way to assess body size in relation to your height and weight.

Body Composition

Physical activity and nutrition affect **body composition**.



Term to Know

Body composition

The relative percentage in your body of fat to lean body tissue, including water, bone, and muscle.

Body Composition

Being **overweight** is sometimes, but not always, the result of excess body fat.

Being overweight may lead to obesity.

Being overweight can present a high risk to your health.

Term to Know

Overweight

A condition in which a person is heavier than the standard weight range for his or her height.



Body Composition

Essential fat is necessary for these reasons:

- It insulates your body.
- It cushions your internal organs.
- It provides you with a source of stored energy that enables you to meet your body's fuel needs.

Term to Know

Essential fat

The minimum amount of body fat necessary for good health.

Body Composition and Functional Health

If you carry too little body fat you have **excessive leanness**.



Term to Know

Excessive leanness

Having a percentage of body fat that is below the acceptable range for your age and gender.

Body Composition and Functional Health

If you carry too much body fat you are **overfat**.



Term to Know

Overfat

Carrying too much body fat for your age and gender.

Lesson 1 Review

Reviewing Facts and Vocabulary

- **Vocabulary** Define Body Mass Index (BMI)
- **Recall** Identify three basic body types.
- **Recall** Why is essential fat necessary for the health and functioning of the body.

3. Recall

Essential fat helps insulate your body and cushion internal organs, and it provides a source of stored energy.

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End of
CHAPTER 5
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Lesson 1
The Basics of Body Composition

Fitness Check



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