

**GLENCOE**  
**FOUNDATIONS OF  
PERSONAL FITNESS**

**CHAPTER 5**  
**Your Body Composition**

**Lesson 2**  
**Influences on Your Body Composition**



### What You Will Do

Identify influences on amount of body fat.

Analyze the role of energy balance in maintaining body weight and body composition.

Describe the importance of metabolism to the energy equation.

Identify the role of exercise as a method of weight control.

Calculate the calories expended during various physical activities.



### Terms to Know

calorie intake

calorie expenditure

metabolism

resting metabolic rate  
(RMR)



### Influences on Body Fat

Heredity is not the only factor that plays a role in body size and shape.

Although you cannot control the number of fat cells in your body, you can control their size.



### Lifestyle Behaviors

Body composition is affected by eating patterns and activity level.


By eating healthfully and maintaining an active lifestyle, you can help control your body composition now and as you get older.



### The Energy Equation

To manage your weight and stay healthy, your body needs to maintain an energy balance.

Energy balance is determined by **calorie intake** and **calorie expenditure**.



### Terms to Know

#### **Calorie intake**

The total number of calories you take in from food.

#### **Calorie expenditure**

The total number of calories you burn or expend.

### The Energy Equation

**Metabolism** is an ongoing process that occurs even when you are at rest.



### Term to Know

#### **Metabolism**

The process by which the body converts calories from food to energy.

### The Energy Equation

The rate at which your body uses energy varies from person to person and during different physical activities.

Your calorie expenditure is determined by your **resting metabolic rate (RMR)**, and how physically active you are each day.



### Term to Know

**Resting metabolic rate (RMR)**

The amount of calories you expend for body processes while at rest.



### The Energy Equation

#### Factors That Shape Your RMR

Gender

Age

Heredity

Eating Habits

Calorie Intake

Physical Activity and Exercise

### Weight Control and Physical Activity

The number of calories you burn through physical activity will vary because of several factors.

- The number, size, and weight of body parts that you work
- The intensity of your workout
- The duration of your activities



### Lesson 2 Review

#### Reviewing Facts and Vocabulary

- **Vocabulary**  
What is *metabolism*?
- **Recall** Explain the relationship among calorie intake, calorie expenditure, and amount of body fat.
- **Recall** What are the three factors that influence the amount of calories expended during physical activity or exercise?

### 3. Recall

The number and size of muscles worked, the weight of the body parts moved, intensity, and duration.

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End of  
**CHAPTER 5**  
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**Fitness Check**



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