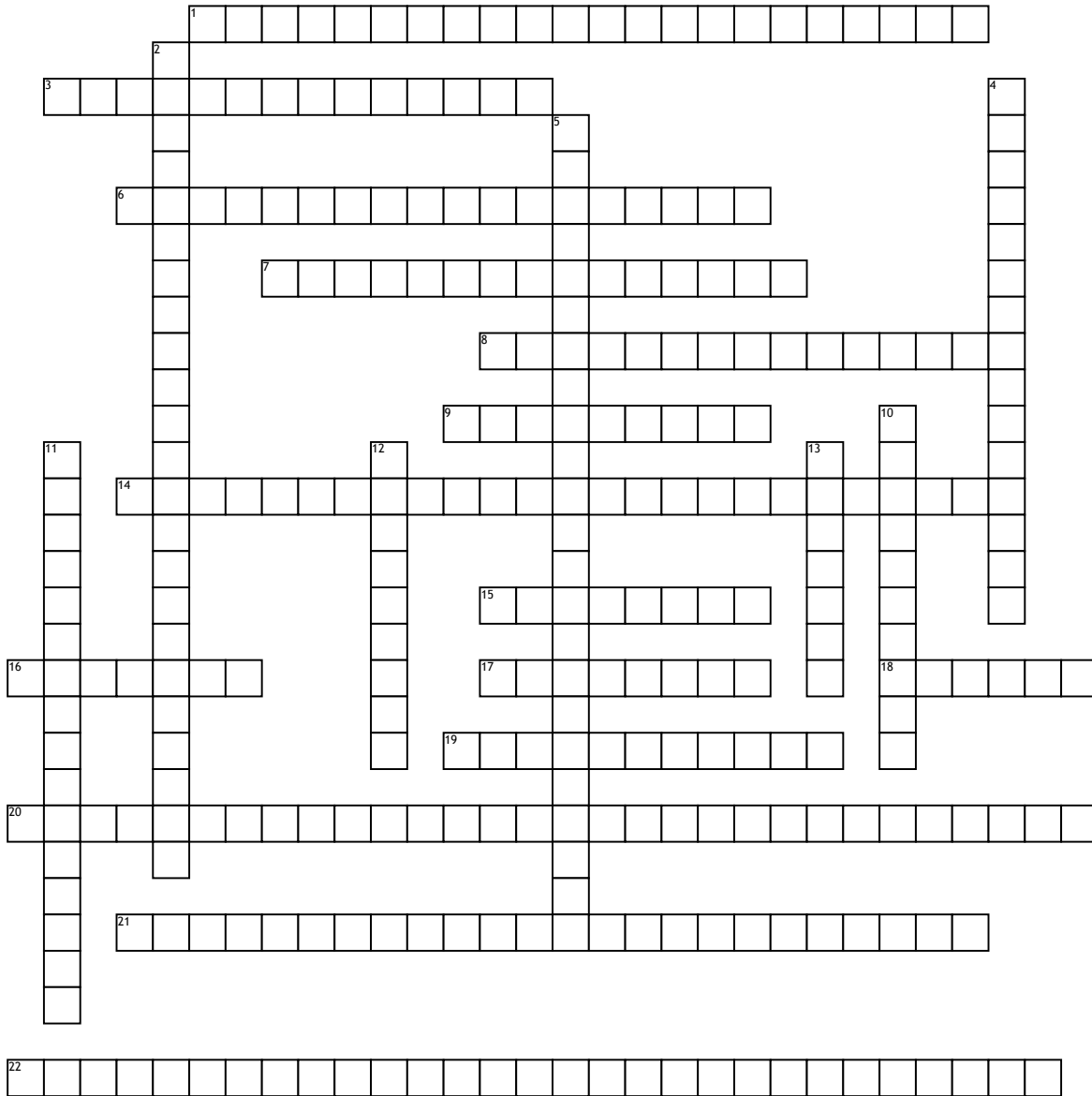


# Exercise Science Chapter 10



**Across**

- 1. A body composition technique in which x-rays are generated at two energies that help eliminate three body compartments, consisting of fat mass, lean body mass, and bone mass.
- 3. TBW
- 6. An assumption, guidance table, originally designed to predict mortality rates based upon a person's size.
- 7. A tool that helps determine overall health risks by calculating waist/hip measurements.
- 8. Used to describe the percentage of fat, bone, and muscle in human bodies.
- 9. What risk category is men body fat 3-5%?
- 14. An estimation of body composition employed by measuring select locations to predict body fat.

- 15. Most widely used body composition.
  - 16. What body type is shaped like an apple?
  - 17. What is the fold orientation for the abdomen skinfold?
  - 18. Pear-shaped body type
  - 19. Fat stored in and around organs.
  - 20. Body composition technique using the electrical impedance of body tissues
  - 21. Cell receptors, more prevalent in females lower body fat stores, which reduce the lipolytic response to catecholamines.
  - 22. Newer body fat assessment in which light is emitted into a tissue
- Down**
- 2. A formula uses to assist in setting weight goals.
  - 4. fat found just below skin

- 5. Cell receptors, more prevalent in males, which increases the release of free fatty acids from lower body storage in response to catecholamines.
- 10. What category has a BMI of 25-29.9?
- 11. A condition in which there are excessive levels of circulating insulin in the blood
- 12. fatty deposit that causes dimpling
- 13. What risk category is women body fat 23-26.9%?