Study Guide for HPE 102

Health and Wellness, **EXAM # 2**

**Areas to review**

* Caloric Balance
* Components of Physical Fitness
* American College of Sports Medicine Exercise Guidelines
* Target Heart Rate
* Framingham Heart Study
* Risk Factors for Heart Disease
* HIV disease
* Types of blood pressure
* Heart Attack
* Myocardial Infarction
* Angioplasty
* Arteries
* Veins
* Capillaries
* Causes/Risk factors for cancer
* Angina
* Pubic Lice
* Metastasis
* Carcinoma
* Benefits of Exercise
* Eating disorders
* Glycogen
* Caloric equivalent of one pound of body fat
* Essential Fat
* Body Mass Index
* RDA
* Scabies
* Essential Fatty Acids
* Six Basic Nutrients
* Psychosomatic Illness
* General Adaptation Syndrome
* Causes of Mental Illness