



# Vocabulary 5

**Directions:** Match each term in the left column with the correct description in the right column. Write the letter of the description in the space provided.

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| _____ 1. ectomorph                     | a. body type characterized by a high percentage of body fat, large bone size, and a small amount of muscle mass and size                    |
| _____ 2. mesomorph                     | b. the combined weight of bone, muscle, and connective tissue   |
| _____ 3. endomorph                     | c. a condition in which a person is heavier than the standard weight range for his or her height  |
| _____ 4. lean body weight              | d. the total number of calories you take in from food   |
| _____ 5. body mass index (BMI)         | e. a way to assess body size in relation to your height and weight  |
| _____ 6. body composition              | f. the minimum amount of body fat necessary for good health   |
| _____ 7. overweight                    | g. a tweezerlike device used to pinch a fold of skin surrounding adipose tissue   |
| _____ 8. essential fat                 | h. the total number of calories you burn or expend  |
| _____ 9. excessive leanness            | i. the amount of calories you expend for body processes while at rest   |
| _____ 10. overfat                      | j. 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 |
| _____ 11. calorie intake               | k. the relative percentage in your body of fat to lean body tissue, including water, bone, and muscle                                       |
| _____ 12. calorie expenditure          | l. having a percentage of body fat that is below the acceptable range for your age and gender   |
| _____ 13. metabolism                   | m. foods that are high in nutrients as compared with their calorie count  |
| _____ 14. resting metabolic rate (RMR) | n. carrying too much body fat for your age and gender   |
| _____ 15. girth                        | o. the process by which the body converts calories from food to energy  |
| _____ 16. calipers                     | p. body type characterized by a low percentage of body fat, small bone size, and a small amount of muscle mass and size                     |
| _____ 17. nutrient-dense foods         | q. the distance around a body part  |