

Author: Mark D. Peterson, Ph.D., 2009

License: Unless otherwise noted, this material is made available under the terms of the **Creative Commons Attribution 3.0 License:**
<http://creativecommons.org/licenses/by/3.0/>

We have reviewed this material in accordance with U.S. Copyright Law and have tried to maximize your ability to use, share, and adapt it. The citation key on the following slide provides information about how you may share and adapt this material.

Copyright holders of content included in this material should contact open.michigan@umich.edu with any questions, corrections, or clarification regarding the use of content.

For more information about **how to cite** these materials visit <http://open.umich.edu/education/about/terms-of-use>.

Any **medical information** in this material is intended to inform and educate and is **not a tool for self-diagnosis** or a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional. Please speak to your physician if you have questions about your medical condition.

Viewer discretion is advised. Some medical content is graphic and may not be suitable for all viewers.

Topic:

Energy Metabolism

Faculty:

Mark Peterson, Ph.D.

Reading:

None.

Lecture Time:

Spring 2009 M1 Human Growth and Development

Learning Objectives:

1. The Role of Physical Activity on Energy Balance and Weight Management
2. The Influence of Physical Activity and Exercise on Chronic Disease
3. To appreciate the complexity of the energy balance problem.
4. To describe the component of energy expenditure
5. To link these concepts to obesity

Required Reading:

none

Suggested Additional (NOT REQUIRED) Reading:

none