**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