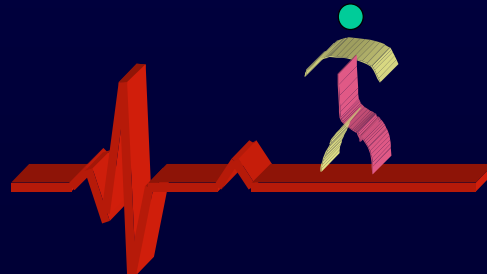


BODY COMPOSITION, EXERCISE AND WEIGHT CONTROL

Hazzaa M. AL-Hazzaa , *PhD, FACSM*

Professor & Director
Exercise Physiology laboratory
King Saud University



PRESENTATION OUTLINES

- **Human Body Composition? And how to Assess ?**
- **Physical Activity and Body Composition.**
- **Body Composition in Saudi Youth and Athletes.**
- **Role of Exercise in Weight Control.**