

Concepts to Know and Understand

- What are the key components of philosophy?
- Know and understand the different types of reasoning.
- Values promoted but philosophy of physical activity.
- Behavioral guidelines for sport.
- What types of issues does Sociology of Physical Activity address?
- Power issues in sport.
- Race issues in sport.
- Considerations of evidence
- Difference between men and women in different times of history (use info from the slides)
- Sub disciplines in motor behavior
- Research methods in different fields
- Roles of different professions within Kinesiology
- Testing in exercise physiology
- Different types of loading in exercise physiology
- Understanding of cardiovascular, muscular and respiratory responses to exercise.
- Basic understanding of the different energy systems
- Archimedes principle
- Fast twitch (FG and FOG) and slow twitch muscles

Terms to Know and Understand

- Dualism
- Holism
- Materialism
- Primary and secondary sources of evidence
- Title 9
- Eugenics
- Motor programs
- Motor control
- ABC of psychology
- Motivations
- Burn out
- Isotonic
- isokinetic
- Torque
- Friction
- Ground reaction force
- Stroke volume
- Cardiac output
- Heart rate