Course: BI 199, Anatomy, Physiology & Weight Training, 04 cr, CRN 33561; Weight Training/Fitness Component: 9-9:50 TR, 37
Student Recreation Center (SRC) + Lecture/Discussion/Lab Component: 10-10:50 TR 63 SRC + Lab Observation
Activities based on availability of Human Anatomy Lab 63B Klamath (KLA), Spring, 2014.
http://blogs.uoregon.edu/bi199/spring-2014/

Instructors: V Pat Lombardi & David Rubino

Office, Phone & Electronic Mail: 73A Klamath (KLA), 346-4536, lombardi@uoregon.edu

Office Hours: M, 10:30-11:30 and by appointment.

Texts/References [All Optional]:

Tentative Outline:

Apr 1 (T)  I. Introduction, Course Format & Guidelines. Attendance & participation, thematic poster presentation, weight training/nutrition/article review, grading, expectations (the highest possible!!). II. Anatomy vs. Physiology. Structure vs. function, levels of organization, tissue types, joints, bones, muscles, tendons, ligaments, cartilage. III. Weight Training vs. Weight Lifting (63 SRC).


Apr 10 (R) Field Trip I to Human Anatomy Lab 63B Klamath.

Apr 15 (T) I. Benefits & Myths of Weight Training. II. Anatomy of Leg Press. Squat vs. leg press? III. Anatomy of Calf Raise: Gastrocnemius-Soleus Complex. What does your knee have to do with leg muscle stress?

Apr 17 (R) Field Trip II to Human Anatomy Lab 63B Klamath.


May 8 (R)  I. American College of Sports Medicine (ACSM) Guidelines for Endurance & Strength Training.  II. Importance of Heart & Vessel Health for a Lifetime!


May 15 (R)  No class.  Open time to work on poster presentations.

May 20 (T)  Thematic Poster Presentations Group I.

May 22 (R)  Field Trip III to Human Anatomy Lab 63B Klamath.

May 27 (T)  Thematic Poster Presentations Group II.

May 29 (T)  Field Trip IV to Human Anatomy Lab 63B Klamath.

Jun 3 (T)  Thematic Poster Presentations Group III.

Jun 5 (R)  Thematic Poster Presentations Group IV.

Jun 10 (T)  Weight Training/Nutrition Article/Media Review Due <= 5 pm.  E-mail review comments in MS Word .doc or .docx attachment to lombardi@uoregon.edu.

Grading:  Your final grade will be based on the following:

- Attendance, Participation, Lab Activities* 30%
- Weight Training/Fitness Component 30%
- Thematic Poster Presentation 30%
- Weight Training/Nutrition Article/Media Review 10%

*As with the weight training/fitness component of the course, a passing grade in the lecture/discussion/lab portion of the course requires active participation in 80% or more of the total class meetings and laboratories.

1. **Course Title & Description.**  Anatomy, Physiology & Weight Training.  This 1st-year seminar maximizes applications of basic and applied sciences in laboratory and exercise settings and includes structure-function lectures, exercise technique discussions, anatomy laboratories, and hands-on exercise sessions.  The goals are to promote: (1) a respect for the intricacies and diversities of human body structure and function, (2) an understanding of the anatomical and physiological basis underlying human movement, (3) safe and effective weight training techniques, and (4) a life-time interest in weight training as one means of enhancing multiple components of health-related fitness.  Students will read approximately 15-20 pages per week, participate in a variety of lab/exercise activities and discussions, develop and present a thematic poster presentation, and make written, review suggestions on a weight training/nutrition article of their choice.

2. **Method of Instruction.**  Includes engaging lecture/open discussions (relaxed lecture/discussion format with students encouraged to participate freely and ask questions), weight room exercise periods, anatomy/cadaver lab activities, joint-muscle-activity kits, and electronic-media presentations.  For details, please see the course outline.

3. **Tentative Course Outline.**  Subject to modification based on facility availability.

4. **Course Requirements.**  Includes outside reading, attendance at lectures, participation in labs/activities, thematic poster presentation (topic of student's choice), and article/media review.

5. **Grading Criteria.**  Attendance, participation & lab activities 30% of grade (graded strictly according to percentage, e.g., 20/20 = 100%, 19/20 = 95%); weight training/fitness component 30% of grade (score from weight room & fitness component of course); thematic poster presentation 30% of grade (instructor 50% + peer-review 50% grading from standardized worksheet: clarity of introduction, anatomy/physiology/weight training information, depth of coverage, question-&-answer period, and subjective evaluation of participation in project); and article/media review 10% of grade.