Introduction Cards

- Last Name, First Name, Nickname, Phone, e-mail Major/Undeclared/Area of Interest Academic Status: Fr, So, Jr, Sr, PB, MS, PhD, CEP Professional Objective: eg, Physical Therapist/TBA? Hometown, Birthplace Prior related course work/sports?
- High School, Prior Community Colleges/Universities
- Family/Special Interests/Hobbies
- Something unique about you? or a Secret?
- Injuries/Contraindications for Exercise

BI 199 Anatomy, Physiology & Weight Training http://blogs.uoregon.edu/bi199/spring-2014/

- Information Cards Welcome! Practical application that's fun!...
 - II. Introduction, Outline, Format & Guidelines Attendance, participation, lab activities = 30% Weight training/fitness component = 30% Thematic poster presentation = 30% Weight training/nutrition article/media review = 10% Expectations = The highest possible!!
 - III. <u>Alternative Review Exercise Video Evaluation</u> <u>http://www.mayoclinic.com/health/squat/MM00743</u> <u>http://www.youtube.com/watch?v=8c8zTrxaXYQ</u> .edu, .org, .gov vs. .com?
 - IV. Anatomy vs Physiology Structure vs. Function
 - V. Levels of Organization?
 - VI. <u>Tissue Types</u>?
 - VII. Joints? Where 2 Bones Meet!

Muscles? Tendons? Ligaments? Cartilage?

- VIII. Anatomical Position & Direction Terms?
- IX. <u>Basic Action Terms</u>?
- X. Weight Training vs Weight Lifting?

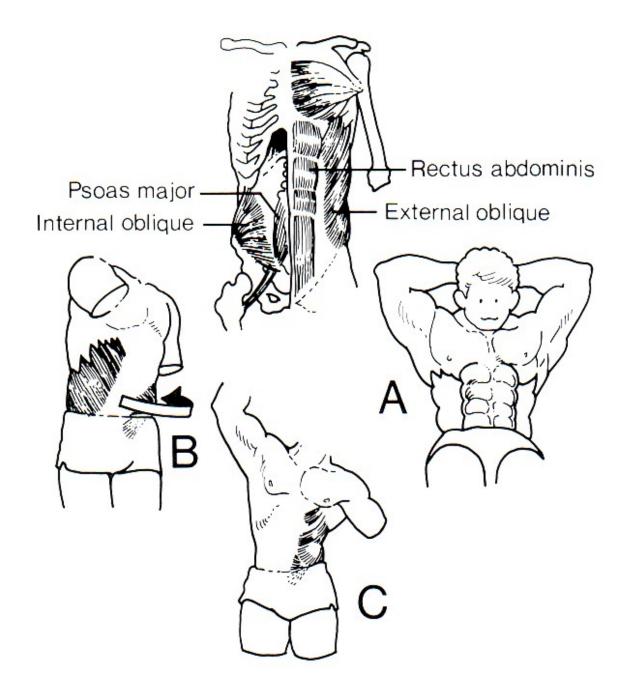
ANATOMY STRUCTURE WHAT? WHERE? vs PHYSIOLOGY
vs FUNCTION
vs HOW?
vs WHY?



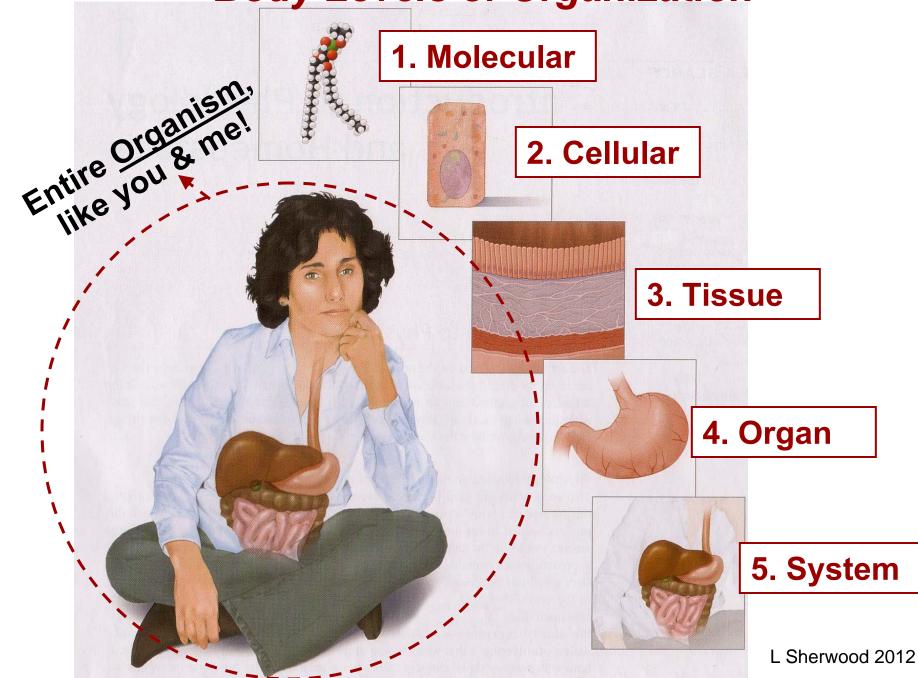
VS

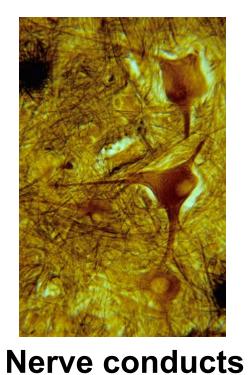
Structure gives rise to function! Structure determines function!

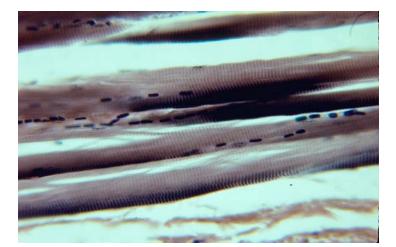




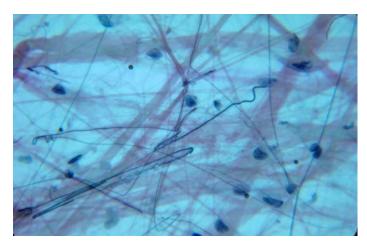
Body Levels of Organization







Muscle contracts

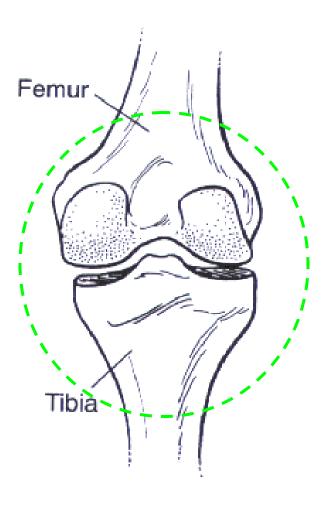


Connective connects!!

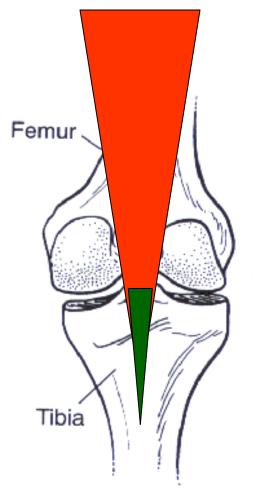


Epithelial covers

Joint: Simply a Place Where 2 Bones Meet!

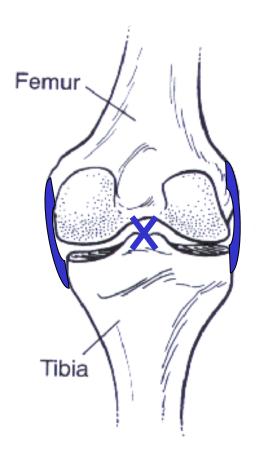


Muscles: Cross Joints by Way of Tendons

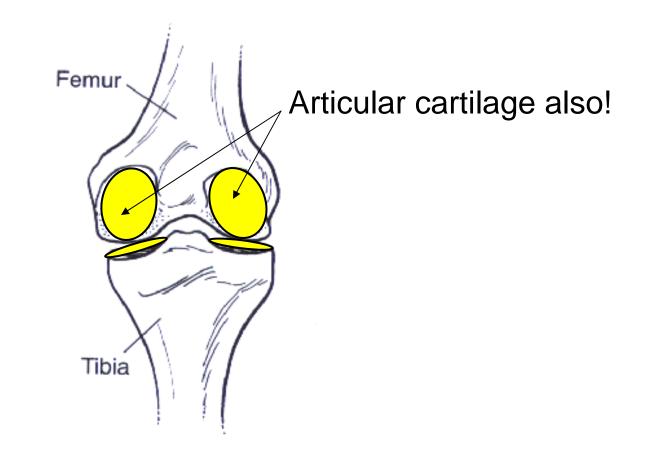


Tendons: Staple Muscles to Bones!

Ligaments: Connect Bone to Bone!

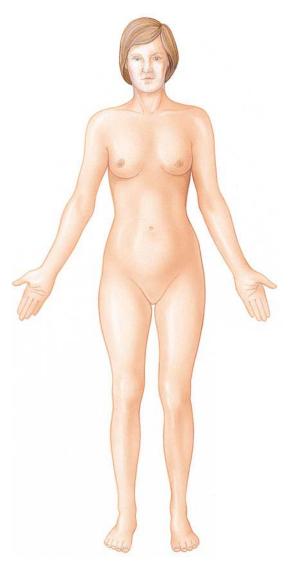


Cartilage: Cushion Between Bones!

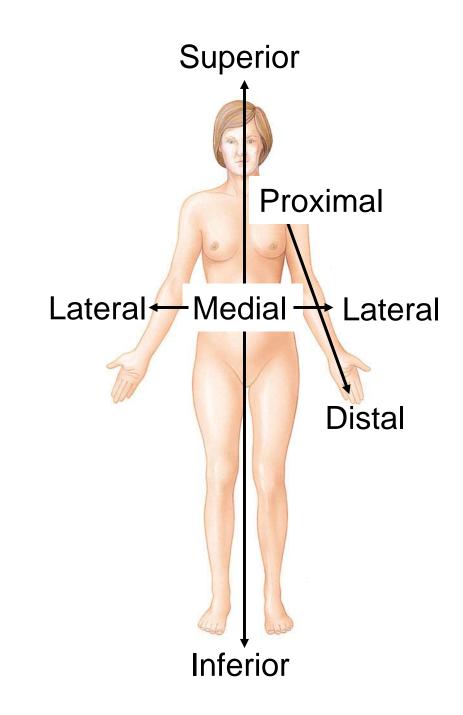


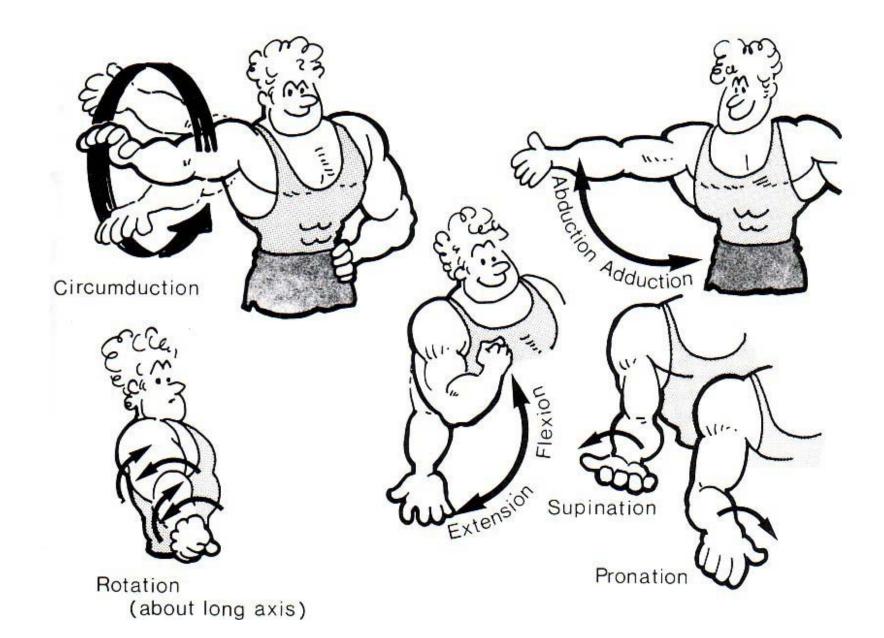
Anatomical Position: Reference for Anatomy

Anterior View

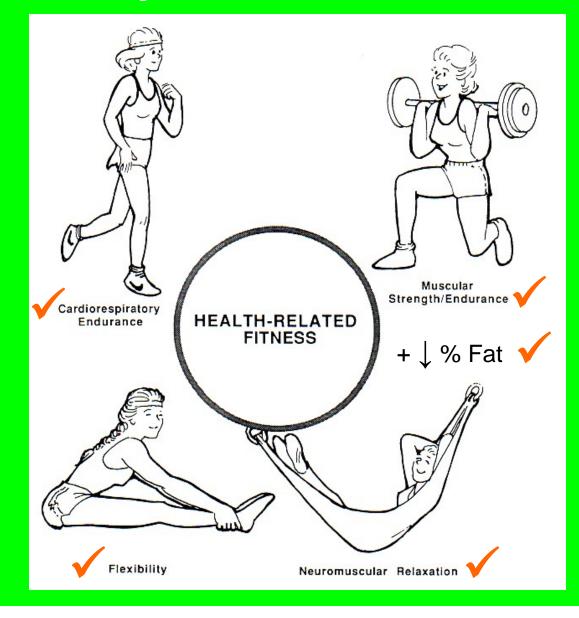








Weight <u>Training</u> is <u>Non-competitive</u> Goal: Improve Life Time Fitness!



<u>Weight Lifting</u> is <u>Competitive</u> Goal: Improve <u>Strength</u> for 1-RM!

Olympic Lifting



Power Lifting





<u>Body Building</u> is <u>Competitive</u> Bridges Gap? Wt Lifting vs Wt Training Goal: M. Hypertrophy, Balance, Delineation!

