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
I. **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. **Alternative Review Exercise Video Evaluation**
http://www.mayoclinic.com/health/squat/MM00743
http://www.youtube.com/watch?v=8c8zTrxaXYQ

IV. **Anatomy vs Physiology**  Structure vs. Function

V. **Levels of Organization**?

VI. **Tissue Types**?

VII. **Joints**?  Where 2 Bones Meet!
- Muscles?
- Tendons?
- Ligaments?
- Cartilage?

VIII. **Anatomical Position & Direction Terms**?

IX. **Basic Action Terms**?

X. **Weight Training vs Weight Lifting**?
ANATOMY vs PHYSIOLOGY
STRUCTURE vs FUNCTION
WHAT? vs HOW?
WHERE? vs WHY?
Structure gives rise to function!
Structure determines function!
Body Levels of Organization

1. Molecular
2. Cellular
3. Tissue
4. Organ
5. System

Entire Organism, like you & me!

L Sherwood 2012
Nerve conducts

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!

Articular cartilage also!
Anatomical Position: Reference for Anatomy

Anterior View

Posterior View
Circumduction

Rotation (about long axis)

Abduction
Adduction

Flexion
Extension

Supination
Pronation
Weight **Training** is **Non-competitive**

**Goal:** Improve Life Time Fitness!

![Diagram showing various aspects of health-related fitness](image)

- **Cardiorespiratory Endurance**
- **Muscular Strength/Endurance**
- **Flexibility**
- **Neuromuscular Relaxation**

+ ↓ **% Fat**
Weight Lifting is Competitive
Goal: Improve Strength for 1-RM!

Olympic Lifting

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

www.KristynHawkins.com