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-2016/

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. Anatomy vs Physiology
Structure vs. Function

IV. Levels of Organization?

V. Tissue Types?

VI. Joints?
Where 2 Bones Meet!
Muscles? Tendons? Ligaments? Cartilage?

VII. Anatomical Position & Direction Terms?

VIII. Basic Action Terms?

IX. Weight Training vs Weight Lifting?

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

Technique, source?: .edu, .org, .gov vs. .com?
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!
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

Abduction

Adduction

Rotation (about long axis)

Flexion

Supination

Extension

Pronation
Weight Training is Non-competitive
Goal: Improve Life Time Fitness!
**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!
Group Work to Discuss Technique Videos

http://www.mayoclinic.com/health/squat/MM00743
http://www.youtube.com/watch?v=8c8zTrxaXYQ