LECTURE #10 NOTES

OBJECTIVES
• Understand exercise performance changes over the lifespan
• Distinguish differences between growth and development
• Describe physiological changes that occur with age
• Describe strength changes with age
• Describe aerobic changes with age
• Describe key principles of training children
• Describe aging and trainability

THE LIFESPAN: WHAT IS IT?
PHASES OF GROWTH AND DEVELOPMENT

CHILDREN’S PHYSIOLOGICAL RESPONSES TO EXERCISE

STRENGTH CHANGES WITH DEVELOPMENT

AEROBIC CAPACITY IN CHILDREN

AEROBIC CHANGES WITH AGE.

ANAEROBIC CHANGES WITH AGE.
GRAYING OF AMERICA

SUCCESSFUL AGING

AGING AND TRAINABILITY

BODY COMPOSITION AND AGING
STRENGTH CHANGES WITH AGING

CARDIOVASCULAR CHANGES WITH AGE

$\text{VO}_{2\text{max}}$ CHANGES WITH AGE

TRAINING THE OLDER ATHLETE.