

## **LECTURE #2 GUIDED LECURE NOTES**

### **OBJECTIVES**

- Understand brief history of field.
- Trace major historical developments.
- Briefly outline Galen's contributions to knowledge about health and scientific hygiene.
- Discuss the early beginnings of the scientific development of exercise physiology in the US.
- Discuss the role of Austin Flint, Jr. and Edward Hitchcock, Jr. in the development of Kinesiology.
- Discuss the contributions of George Wells Fitz to the academic evolution of exercise physiology.
- Identify the Harvard Fatigue Laboratory and it's contributions to the field.
- List the names of other important scientists in the history of exercise physiology.

### **FROM ANCIENT GREECE TO THE UNITED STATES, CIRCA 1850**

#### **EARLIEST DEVELOPMENT**

#### **GALEN**

#### **GALEN-TO-RENAISSANCE**

#### **EARLY YEARS OF EXERCISE PHYSIOLOGY**

#### **THE EARLY UNITED STATES EXPERIENCE**

**AUSTIN FLINT, JR., M.D.**

**THE HITCHCOCK'S**

**GEORGE WELLS FITZ, M.D.**

**HARVARD'S DEPARTMENT OF ANATOMY,  
PHYSIOLOGY, AND PHYSICAL TRAINING**

**THE HARVARD FATIGUE LABORATORY  
(1927-1946)**

**THE NORDIC CONNECTION (DENMARK,  
SWEDEN, NORWAY AND FINLAND)**

**OTHER CONTRIBUTORS TO EXERCISE  
PHYSIOLOGY KNOWLEDGE**

**UNIVERSITY OF MICHIGAN EXPERIENCE**

**EXERCISE PHYSIOLOGY NOW**

**COMMON LINK**