

## LECTURE #10 NOTES

### OBJECTIVES

- Understand exercise performance changes over the life-span
- 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**

## **VO<sub>2MAX</sub> CHANGES WITH AGE**

## **TRAINING THE OLDER ATHLETE.**