

**Movement Science (MOVESCI) 110 - Fall 2006
Course Schedule**

Section 001		
Session	Date	Topic/Reading/Assignment
1	Wed Sept 6	Lecture #1 - Introduction to Science [how we know we know] (Text- Chapter 1; Class Readings #1 Web)
2	Fri Sept 8	Lecture #2 - Origins of Exercise Physiology [where we come from] (Text - Part III; p. 119-122; Class Readings #2 Web)
3	Mon Sept 11	Lecture #3 - Professional Exercise Physiology [professional organizations; career options] (Text -Part III, p. 119-122; Class Readings #3 Web)
4	Wed Sept 13	Lecture #4 - Measurement of Human Energy Expenditure (Text - Chapter 10)
5	Fri Sept 15	Lecture #5 - Human Energy Transfer Basics [aerobic and anaerobic energy transfer] (Text - Chapter 10)
6	Mon Sept 18	Lecture #6 - Evaluating Energy Generating Capacities [energy systems during exercise] (Text - Chapter 10) (Quiz #1)
7	Wed Sept 20	Lecture #7 - Training the Energy Systems [aerobic and anaerobic training principles] (Text - Chapter 11)
8	Fri Sept 22	Lecture #8 - Training Muscles to Become Stronger [how to make muscles bigger, faster, and stronger] (Text - Chapter 11)
9	Mon Sept 25	Lecture #9 - Body Composition and Weight Control [fat and fat-free body weight] (Text - Chapter 3; Class Readings #4 Web)
10	Wed Sept 27	Lecture #10 - Physiological Capacity Across the Life Span (Text - Chapter 12)
11	Fri Sept 29	Lecture #11 - Health, Disease, Aging and Exercise [physical activity as medicine] (Text - Chapter 13) (Quiz #2)
12	Mon Oct 2	Lecture #12 - Q &A /Review/Katch-up
13	Wed Oct 4	Exam

Section 002		
Session	Date	Topic/Reading/Assignment
1	Fri Oct 6	Lecture #1 - Introduction to Science [how we know we know] (Text- Chapter 1; Class Readings #1 Web)
2	Mon Oct 9	Lecture #2 - Origins of Exercise Physiology [where we come from] (Text - Part III; p. 119-122; Class Readings #2 Web)
3	Wed Oct 11	Lecture #3 - Professional Exercise Physiology [professional organizations; career options] (Text -Part III, p. 119-122; Class Readings #3 Web)
4	Wed Oct 13	Lecture #4 - Measurement of Human Energy Expenditure (Text - Chapter 10)
5	Wed Oct 18	Lecture #5 - Human Energy Transfer Basics [aerobic and anaerobic energy transfer] (Text - Chapter 10)
6	Fri Oct 20	Lecture #6 - Evaluating Energy Generating Capacities [energy systems during exercise] (Text - Chapter 10) (Quiz #1)
7	Mon Oct 23	Lecture #7 - Training the Energy Systems [aerobic and anaerobic training principles] (Text - Chapter 11)
8	Wed Oct 25	Lecture #8 - Training Muscles to Become Stronger [how to make muscles bigger, faster, and stronger] (Text - Chapter 11)
9	Fri Oct 27	Lecture #9 - Body Composition and Weight Control [fat and fat-free body weight] (Text - Chapter 3; Class Readings #4 Web)
10	Mon Oct 30	Lecture #10 - Physiological Capacity Across the Life Span (Text - Chapter 12)
11	Wed Nov 1	Lecture #11 - Health, Disease, Aging and Exercise [physical activity as medicine] (Text - Chapter 13) (Quiz #2)
12	Fri Nov 3	Lecture #12 - Q &A /Review/Katch-up
13	Mon Nov 6	Exam

Section 003		
Session	Date	Topic/Reading/Assignment
1	Wed Nov 8	Lecture #1 - Introduction to Science [how we know we know] (Text- Chapter 1; Class Readings #1 Web)
2	Fri Nov 10	Lecture #2 - Origins of Exercise Physiology [where we come from] (Text - Part III; p. 119-122; Class Readings #2 Web)
3	Mon Nov 13	Lecture #3 - Professional Exercise Physiology [professional organizations; career options] (Text -Part III, p. 119-122; Class Readings #3 Web)
4	Wed Nov 15	Lecture #4 - Measurement of Human Energy Expenditure (Text - Chapter 10)
5	Fri Nov 17	Lecture #5 - Human Energy Transfer Basics [aerobic and anaerobic energy transfer] (Text - Chapter 10)
6	Mon Nov 20	Lecture #6 - Evaluating Energy Generating Capacities [energy systems during exercise] (Text - Chapter 10) (Quiz #1)
7	Wed Nov 22	Lecture #7 - Training the Energy Systems [aerobic and anaerobic training principles] (Text - Chapter 11)
8	Mon Nov 27	Lecture #8 - Training Muscles to Become Stronger [how to make muscles bigger, faster, and stronger] (Text - Chapter 11)
9	Wed Nov 29	Lecture #9 - Body Composition and Weight Control [fat and fat-free body weight] (Text - Chapter 3; Class Readings #4 Web)
10	Fri Dec 1	Lecture #10 - Physiological Capacity Across the Life Span (Text - Chapter 12)
11	Mon Dec 4	Lecture #11 - Health, Disease, Aging and Exercise [physical activity as medicine] (Text - Chapter 13) (Quiz #2)
12	Wed Dec 6	Lecture #12 - Q &A /Review/Katch-up
13	Fri Dec 8	Exam