**Exercise Science PSE 4U1**

**Course Content**

**Human Movement - 23 Classes**

**- medical / kinesiology terminology**

**- skeletal system - where the bones are and what they do**

**- muscular system - where they are and what they do**

**- muscle physiology - how muscles work to cause movement**

**Improving Movement through Biomechanics - 10 Classes**

**- biomechanical principles and the laws of physics**

**- biomechanical analysis of movement**

**Development and Learning - 10 Classes**

**- stages of development**

**- acquiring skills, stages of learning**

**- factors that affect learning and performance**

**Energy for Movement - 12 Classes**

**- cardiac and respiratory systems -**

**anatomy and how they work and interact**

**- energy systems in the body - how they work**

**- interaction of the 3 systems to supply energy for movement**

**Improving Movement through Training - 12 Classes**

**- training methods & theories, specialized interest groups**

**- effects of training - acute and chronic**

**- performance enhancers**

**Improving Movement through Nutrition - 12 Classes**

**- digestion, nutrition for basic health**

**- the relationship between nutrition and performance**

 **Social and Historical Perspectives of Sport - 10 Classes**

**- historical development of sport and activity, Canadian history and heroes**

**- societal issues in sport**

**- business and consumerism in sport, career opportunities in the field**

 **Exercise Science PSE 4U1**

 **Course Evaluation**

 **Tests 20%**

 **Quizzes 15%**

 **Independent Study 20%**

 **Lead up steps & final paper & presentation**

 **Labs and Assignments 10%**

 **Presentations 5%**

 **Summative Evaluation 30% diagram exam 10%**

 **written exam 20%**

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 **100%**