**Concepts to Know and Understand**

* What are the key components of philosophy?
* Know and understand the different types of reasoning.
* Values promoted but philosophy of physical activity.
* Behavioral guidelines for sport.
* What types of issues does Sociology of Physical Activity address?
* Power issues in sport.
* Race issues in sport.
* Considerations of evidence
* Difference between men and women in different times of history (use info from the slides)
* Sub disciplines in motor behavior
* Research methods in different fields
* Roles of different professions within Kinesiology
* Testing in exercise physiology
* Different types of loading in exercise physiology
* Understanding of cardiovascular, muscular and respiratory responses to exercise.
* Basic understanding of the different energy systems
* Archimedes principle
* Fast twitch (FG and FOG) and slow twitch muscles

**Terms to Know and Understand**

* Dualism
* Holism
* Materialism
* Primary and secondary sources of evidence
* Title 9
* Eugenics
* Motor programs
* Motor control
* ABC of psychology
* Motivations
* Burn out
* Isotonic
* isokinetic
* Torque
* Friction
* Ground reaction force
* Stroke volume
* Cardiac output
* Heart rate