

CKSS Exercise Science Course Calendar 2014



Sept. 2	Course Introduction
Sept. 3 - 16 (10 classes)	Unit 1 - Anatomy and Physiology Anatomical Terminology
Sept. 17 - 26 (7 classes) EXAM #1	Unit 1 - Anatomy and Physiology Function of Muscular/Skeletal Systems
Sept. 29 – Oct. 12 (8 classes)	Unit 1 - Anatomy and Physiology Cardiorespiratory System and Energy Production
Oct. 10	PA day
Oct. 13	Thanksgiving Holiday
Oct. 14	Exam #2
Oct. 15	<i>Unit 4 - Evolution of Physical Activity in Sport Seminar/Tutorials (Intro)</i>
Oct. 16 – Oct. 29 [9 classes]	Unit 2 - Human Performance Nutrition and Ergogenic Aids
Oct. 21	<i>Unit 4 - Evolution of Physical Activity in Sport Seminar/Tutorials</i>
Oct. 23	<i>Unit 4 - Evolution of Physical Activity in Sport Seminar/Tutorials</i>
Oct. 28	<i>Unit 4 - Evolution of Physical Activity in Sport Seminar/Tutorials</i>
Oct. 30	<i>Unit 4 - Evolution of Physical Activity in Sport Seminar/Tutorials</i>
Oct. 31 – Nov. 19 (8 classes)	Unit 2 - Human Performance Training Principles and Technology
Nov. 4	<i>Unit 4 - Evolution of Physical Activity in Sport Seminar/Tutorials</i>
Nov. 6	<i>Unit 4 - Evolution of Physical Activity in Sport Seminar/Tutorials</i>
Nov. 11	<i>Unit 4 - Evolution of Physical Activity in Sport Seminar/Tutorials</i>
Nov. 13	<i>Unit 4 - Evolution of Physical Activity in Sport Seminar/Tutorials</i>
Nov. 18	<i>Unit 4 - Evolution of Physical Activity in Sport Seminar/Tutorials</i>
Nov. 20	<i>Unit 4 - Evolution of Physical Activity in Sport Seminar/Tutorials</i>
Nov. 20 – Dec. 2 (9 classes) Test #3	Unit 2 - Human Performance Use of Biomechanical Principles
Nov. 21	PA day
Dec. 3	Test #4
Dec. 3 – Dec. 10 (6 classes)	Unit 3 - Motor Development Growth and Development
Dec. 11 – Dec. 21 (8 classes)	Unit 3 - Motor Development Motor Learning
Dec. 22 – Jan. 7	WINTER BREAK / NEW YEARS 2013
Jan. 8 – Jan. 13 (4 classes)	Unit 5 - Relationship of Society and Culture to Physical Activity and Sport (portfolio piece)
Jan. 14 – Jan. 26	Student Led Interviews - Portfolios
Jan. 19 – Jan. 21	Exam Review