

CKSS Exercise Science Reading and Quiz List

Instructions: Key to success in this course is to keep on top of your readings. Feel free to read and do the workbook exercise ahead of time. Doing so will guarantee that you get the most out of this course.

Unit 1: Anatomy and Physiology

Lesson 1.1– Sept. 4

Suggested Readings	Suggested Exercises
Textbook pp.2-6	Workbook 1.1 – 1.4 pp. 12 - 16

Anatomical Terminology

- Anatomical Planes and Axes of Rotation
- Terms of Direction
- Terms of Movement

On Line Quiz: www.thompsonbooks.com/quizzes/es1_quizzes.htm
(E-mail your perfect quizzes to houldcroftk@hdsb.ca)

Lesson 1.2– Sept. 5

Introduction to the Skeletal System

Suggested Readings	Suggested Exercises
Textbook pp. 9 – 12, 29	Workbook 2.3 pp. 21

- Structure of bones
- Main function of bones
- Types of bones
- Anatomy of a long bone

Lesson 1.3– Sept. 6

Suggested Readings	Suggested Exercises
Textbook pp.13 - 18	Workbook 2.4 pp. 22 –24 2.5 pp. 25 - 35

The Body's Key Bones On Line Quiz:
www.thompsonbooks.com/quizzes/es1_quizzes.htm

- Identifying key bones of the human skeleton and major bone landmarks
- Skeletal manipulation lab

Lesson 1.4– Sept. 9

Suggested Readings	Suggested Exercises
Textbook pp. 30 - 31	Workbook 2.1 p. 18, 2.2 p.19, 2.6 p. 36, 2.7 pp. 37 - 38

Skeletal system practice lab On Line Quiz: www.thompsonbooks.com/quizzes/es1_quizzes.htm

- Bone Fractures
- Bone diseases
- Effects of Aging

**Lesson 1.5–
Sept. 10**

Suggested Readings	Suggested Exercises
Textbook pp. 33 - 34	Workbook Exercises 3.3 p. 44

Introduction to the Muscular System On Line Quiz:

On Line Quiz: www.thompsonbooks.com/quizzes/es1_quizzes.htm

- Types of muscle
- Muscle groups and naming of muscles
- Origins, insertions, functions

**Lesson 1.6–
Sept. 11**

Suggested Readings	Suggested Exercises
Textbook pp. 44 - 63	Workbook Exercises 3.6 – 3.15 pp. 44 - 65

Muscular Manipulation Lab (Part One)

- Identifying major muscles and their origins and insertions
- Identifying the functions of major muscles

**Lesson 1.7–
Sept. 12**

Suggested Readings	Suggested Exercises
Textbook pp. 44 - 63	Workbook Exercises 3.6 – 3.15 pp. 44 - 65

Muscular Manipulation Lab (Part Two)

- Identifying major muscle and their origins and insertions
- Identifying the functions of major muscles

**Lesson 1.8–
Sept. 13**

Suggested Readings	Suggested Exercises
	Workbook Exercises 3.1p.40, 3.2 pp. 41 - 43

Review of Skeletal and Muscular Systems

On Line Quiz: On Line Quiz: www.thompsonbooks.com/quizzes/es1_quizzes.htm

Lesson 1.9– Sept. 16 & 17

- **Review & Tentative Evaluation Dates – (Location to be Determined)**
- Bell ringer or Unit 1 Exam - demonstrating the use of anatomical terminology and knowledge of the skeletal and muscular systems