

**CKSS 2012 Unit 1.3 : Anatomy and Physiology
Cardiorespiratory System , Nervous System, and Energy Production**

Sept. 30 - 31

Energy Systems and Muscle Fibre Types
 -three key nutrients
 -ATP–the common energy currency
 -three energy pathways -lactic acid
 -fibre types–three types and characteristics

<i>Suggested Readings</i>	<i>Suggested Exercises</i>
Textbook pp. 81 - 93	Workbook Exercises 5.3, 5.4, 5.1, 5.2 pp. 78-82

Oct. 1 – Oct. 3

Nervous System and the Control of Movement
 -The CNS -the PNS
 -the reflex arc
 -proprioceptors and the control of movement
 -muscle spindles at work -spinal cord injuries

<i>Suggested Readings</i>	<i>Suggested Exercises</i>
Textbook pp. 95 – 107	Workbook Exercises 6.3, 6.4, 6.1, 6.2 pp. 84 –88

On Line quiz Section 5 and 6 – www.thompsonbooks.com/esquizzes

Oct. 4 – Oct. 9

The Cardiovascular and Respiratory Systems
 -the cardiovascular system -the heart
 -coronary circulation -vascular system and blood
 -cardiovascular dynamics (exercise responses)
 -effects of training in the CVS
 The Respiratory System
 -respiratory system structure -mechanics of breathing

<i>Suggested Readings</i>	<i>Suggested Exercises</i>
Textbook pp. 109 – 133	Workbook Exercises 7.3- 7.8, pp.97-98, 7.1-7.2 pp 92-96

On Line quiz Unit 1 Section 7 – www.thompsonbooks.com/esquizzes

Oct. 10

**Summative Evaluation for Cardiorespiratory System
(Presentation and Written Assignment & Exam)**

Thanksgiving

Prepare for Unit 4 and 5 Tutorials