

Topics & resource outline - Unit 3 (Exercise)

Unless otherwise indicated, “Reading” refers to text chapters.

EOC Review = materials from the end of each chapter

Topic	Reading (text & other)	EOC Review	CD/Web Activities
Physical fitness and exercise	Physical Activity Fundamental to Preventing Disease (pdf file in Lecture Materials area of Blackboard) CDC Physical Activity For Everyone website (link posted in Lecture Materials area on Blackboard): 1) Introduction 2) The Importance of Physical Activity 3) Recommendations 4) Measuring Physical Activity Intensity 5) Components of Physical Fitness	N/A	none
Skeletal muscle structure and function	Chapter 6 opening essay Text sections 30.8, 30.10, 30.11	Ch. 30: 9	none