

## EXERCISE PHYSIOLOGY

### Assignments Schedule

#### Presentation schedule

Group presentations on topics outlined below will determine 10% of the final grade. The due dates for all works will be (Wednesday April 1, 2015). No late work will be accepted. The students will present an overview of information to the rest of the class in ~15 mins.

The topics are:

<b>Group</b>	<b>Topic</b>	<b>Presentation date</b>
1	Rest to exercise transition	4/4/2015
2	Exercise intensity and fuel selection	4/4/2015
3	Exercise duration and fuel selection	4/4/2015
4	Interaction of fat and carbohydrate metabolism during exercise	4/4/2015
5	Fuel usage in trained (fit)and untrained (unfit)individuals	4/4/2015
6	Thermoregulation (Heat production and loss during exercise	11/4/2015
7	Effect of nutrition on exercise performance	11/4/2015
8	Exercise and body fluids	11/4/2015
9	Response of the body to exercise during childhood and maturation.	18/4/2015
10	Exercise across the life span	18/4/2015
11	Effect of gender and type of exercise on VO <sub>2</sub> max	18/4/2015
12	Physiological and chemical mechanisms responsible for fatigue during exercise	25/4/2015
13	Changes in muscle fiber type after exercise	25/4/2015
14	Bone health and exercise	25/4/2015
15	Developing and maintaining fitness	9/5/2015
16	Deterrents to Fitness	9/5/2015
17	Hypokinetic diseases	9/5/2015
18	Exercise and homeostasis	9/5/2015