

ExPhys 2003
Powers and Howley
Ch. 1 Study Questions

General Note: This chapter is a very easy read and most of the details need not concern you except to get an overview of the present state and development of the field.

1. Notice: exercise, sports, and environmental physiology have long been closely tied together -- notice the examples in your reading. You will hear more about this throughout the semester.
2. Please pay closest attention to the history and factors causing the waxing and waning of interest in physical fitness in the United States. You are likely to live through several such cycles in your own life, whether it regard fitness, school, you name it.
3. Learn the five principal conclusions of the Surgeon General's 1996 report on Physical Activity and Health.
4. What are the so-called differences between pure and applied research -- give some general examples in regard to exercise physiology (come up with your own).
5. Note the list of recent research on table 1-2 -- look at it carefully but do not memorize it! It is basically a list of what we will examine this semester.
6. An appreciation -- with pride and fond memories -- Prof. Arthur Otis (page 10 middle, inside column) taught me most of what I know about respiratory physiology. I had three graduate courses from him and talked endlessly with him when I was later a post doc in his department. He really did love life, physiology, and people!