

Study Guide for Exam 3

(Chapters 5, 8, 9, 11, 13-14)

- Chapters 5 & 8 Philosophy – You have the PowerPoint to study on this one.
- Chapter 9 – Sport & Exercise Psychology
 - Pp 238 – 239 – Know the ABC's of psychology
 - Pp 249 – 251 Read. (Several questions from this text. Does Sport build character?)

Intrinsic motivation / extrinsic motivation

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- Chapter 11 – This is an important chapter and there are a lot of question from this chapter.
 - Test to measure BMI
 - Test to measure cardio fitness
 - Energy sources
 - Muscle Fiber
 - Resistance training: Isometric/ isotonic/ isokinetic
 - Cardio output
 - Ventilatory threshold
- Chapter 12 – Read: Pp 326-328 (Questions taken from these two pages.)
- Chapter 13 – Know all the different careers: This will be a listing question. Don't worry about this, I will explain on Monday and you will understand it better.