**Exam 1 Part A. Your Name:**

**Please TYPE your answers in an MS Word Document. When complete send your exam answers as an ATTACHMENT to an Email to Dr. Kravitz. Exam 1 Part A is due Friday January 22 by 12midnight. No late papers accepted. Also, academic honesty is totally active here. Please do your OWN work! Use AS MUCH SPACE as you wish in your answers!**

*This EXAM is open note. Please use the January 19-22 WEB LINK to guide your answers.*

**A. Please explain in your own words how each of these Exercise Physiology Pioneer’s is best recognized (per Dr. Kravitz’s lecture). (39 pts)**

1. Bengt Saltin. (3 pts):

2. Herodicus (3 pts):

3. Jonas Bergstrom (3 pts):

4. Thomas K. Cureton ( 3 pts):

5. Hippocrates (3 pts):

6. Lawrence Henderson (3 pts):

7. David B. Dill (3 pts):

8. Claude Galen (3 pts):

9. Archibald Hill (3 pts):

10. Albert Behnke (3 pts):

11. J.C. Dalton (3 pts):

12. Milo (3 pts):

13. Per-Olof Astand (3 pts):

**B. Please NAME and Define the 5 Components of Fitness (25 pts)**

1.

2.

3.

4.

5.

**C. What is the name of the FIRST SCIENTIFIC Conference in Sports Medicine and what was the Year of the conference. (6 pts)**

1.

**D. Explain the difference in Steady State vs. Homeostasis and give 4 examples of what physiological variables can be measured with each? (10 pts)**

1.

**E. Please define the following terms. (20 pts)**

1. Negative feedback (5 pts):

2. Risk factor (5 pts):

3. Acute response (5 pts):

4. Chronic adaptation (5 pts):

**F. Who are YOU question? (6 pts)**

1. What is your major?

2. What is your career goal?

3. What are your hobbies?

4. What type of exercise do you enjoy?

5. What are your favorite foods to eat?

6. Please tell me something unique about yourself?

**G. Please complete a description of a longitudinal study in your areas of interest. Address the following questions for your answer. (10 pts).**

1. Who is the population of interest?

2. What is your intervention that you will doing with your population (i.e. 16 weeks of treadmill walking was done in the YOUTUBE example)?

3. What is your PRE-Test and POST-Test (if you have more than two tests please note, such as a PRE-TEST, MID-TEST and POST-TEST)?

4. What is your OUTCOME variable of interest to measure the effectiveness of your intervention (in the video example we looked at blood pressure before and after the intervention)?

5. What will your CONTROL group do in this study?

**End of Exam.**