

Recommended Reading: Fitness Theory

Chapter One – Health Related Benefits of Physical Activity

- pp15-21 (*ALL pages*)

Chapter Two – Holistic Approach to Fitness & Lifestyle

- pp 25-27 (*ALL pages*)

Chapter Three – Skeletal System

- pp 31-57 (*focus on pp41-57*)

Chapter Four – Muscular System

- pp 61-108 (*ALL pages*)

Chapter Five – Biomechanics of Motion & Force Production

- pp 113-120 (*ALL pages*)

Chapter Six – Cardiorespiratory System Physiology

- pp 125-141 (*ALL pages*)

Chapter Seven – Nutrition

- pp 145-160 (*ASSIGNED BEFORE/DURING COURSE*)

Chapter Eight – Body Composition

- pp 165-172 (*ASSIGNED BEFORE/DURING COURSE*)

Chapter Nine – Energy Systems & Energy Production

- pp 177-182 (*ALL pages*)

Chapter Ten – Principles of Conditioning & Program Planning

- pp 187-208 (*ALL pages*)

Chapter Eleven – Exercise Injury Prevention & Risk Management

- pp 213-231 (*ALL pages*)

Chapter Twelve – Leadership Skills & Career Planning

- pp 235-241 (*ALL pages*)

HIGHLIGHTED = MOST IMPORTANT CHAPTERS TO READ and RE-READ!