

Name: _____ Date: _____ Per: _____

Marathon Summative Task

You're an exercise physiologist who specializes training people for a marathon. You're using the Take the Magic Step® beginner's training program. However, one of your athletes has been struggling with training and did not complete the most recent 18 mile training run.

- ☐ Read the attached description of your notes from speaking with your patient.

From these notes:

- ☐ Identify the homeostatic imbalances taking place at the cellular and/or system level
- ☐ Identify the adjustments that should be made to the person's training program
- ☐ Explain why these adjustments will resolve their issues.
- ☐ Construct an explanation (Teacher choice groups / solo, form = poster, essay, powerpoint, single slide, infographic) that prescribes 2 solutions and/or preventions to their conditions. These solutions must incorporate our models of human body systems, macromolecules, and mitosis in the context of feedback loops. Where applicable, use data to justify your explanations.

DAY 1 - What is an exercise physiologist?

Use the link below to watch a video about what an exercise physiologist does. <https://www.youtube.com/watch?v=8j0MkDw1fA0>

*Now that you have watched the YouTube video "Being an Exercise Physiologist part 1" address the following items:

1. In your own words, describe what an exercise physiologist does?

The job of an exercise physiologist is

2. Research the years of education and average salary of an exercise physiologist.

An exercise physiologist attends school for...

The average salary is...

I went to (which university / program / association? Don't use wikipedia /ask.com /pinterest /etc...)

3. If you were the interviewer, write 2 questions you would have asked Daniel Plews about his job as an exercise physiologist:

Question 1.

Question 2.

4. Which of the body's organ systems does an exercise physiologist need to be familiar with? List as many appropriate organ systems as you can. Justify your responses.

a.

b. Justification:

7. Looking at the [Rubric](#), the difference between a 3 and 2 on this assignment is:

On the basis of my knowledge of Mitosis and Homeostasis, on a two I would only show...
Whereas on a three I would show...

With regard to constructing an argument, on a two I would...
Whereas on a three I would...

With regard to the quality of the project, on a two I would only synthesize...
Whereas on a three I would construct...

8. Looking at the Scenarios

Generate an understanding of the training plan

- Phase 1 purpose
- Phase 2 purpose
- Phase 3 purpose
- Phase 4 purpose