

PSIO 295H Intro to Honors Physiology (2 units)

Spring Semester

Wednesdays 3:20 – 5:00 PM

Instructors:

Dawn K. Coletta, PhD and Cindy Rankin, PhD

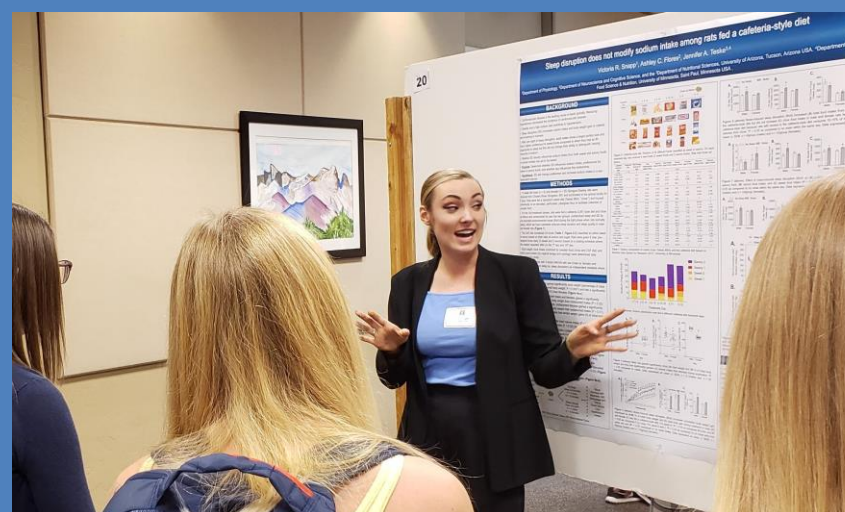
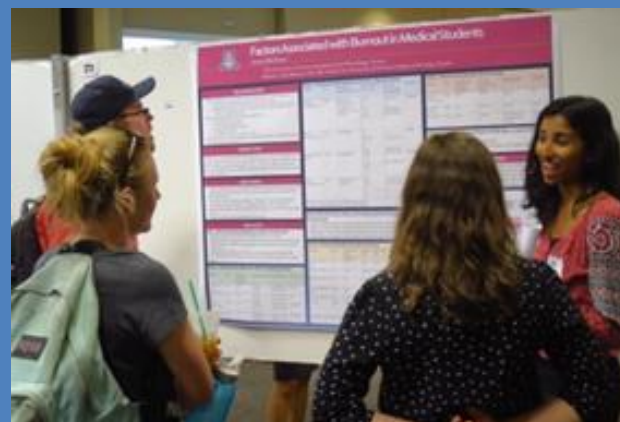


Topics include:

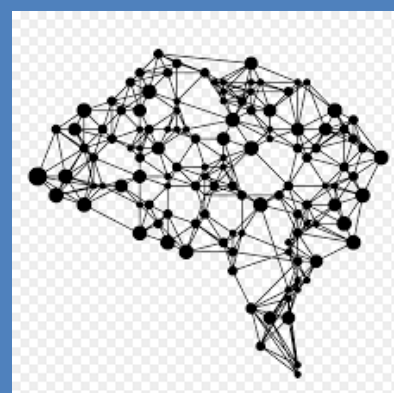
Benefits of Honors



Exploring thesis topics, mentors, & formats



Skills for Success



Networking, communication & writing

Insights from senior colleagues



Jumpstarting your thesis ideas

Qstn: What is the Impact of Childhood Activity on Skeletal Muscle Properties?

Background: Exercise is beneficial for muscle but how? (WHY should I care)

- ▶ affects development and repair of skeletal muscle
- ▶ at both the level of the motor unit and satellite cell

Plan: (How to do this)

1. Review literature
2. Exptl Methods:
 1. Survey Elementary schools to see what type of exercise they do
 2. Observe activities and quantitate the amount of time, types of activities, etc.

Application (What will you do with this info?)

1. Develop exercise programs for elementary schools.
2. Develop educational programs about benefit of exercise

Who will you be working with/why? (resources, mentor, dept)

