

Module 3 Exam Topic Outline

Sleep AssessmentChapter 15

Sleep Health — SATED — Sleep Architecture —
Sleep Stage Identification

Sleep Theories Chapter 16

Neural Coordination of Sleep and Wakefulness —
Protective Field Theory — Energy Conservation Theory —
Restorative Theory — Memory Consolidation Theory —
Influence of Physical Activity on Sleep —
Thermogenic Hypothesis — Light Exposure Hypothesis

Cognitive AssessmentChapter 17

Motor Speed — Information Processing — Attention —
Cognitive Control — Neural Mechanisms of Control —
Declarative Memory — Intelligence —
CHC Theory of Intelligence — Psychometric Stability —
Sensitivity — Saturation

Cognition and AgingChapter 18

Brain vs Mind — Fixed Capacity — Dynamic Capacity —
Sensory Function Theory — Processing Speed Theory —
Resource Pool Theory — Attention Inhibition Theory —
Dynamic Capacity Theory — Mild Cognitive Impairment —
Dementia — Sundowning

History of Physical Activity Chapter 19

Myth of the Early Athletic Human — Physical Activity Level —
Great Apes — Inactivity Mismatch Hypothesis —
Neolithic Agricultural Revolution — Industrial Revolution

PA Recommendations Chapter 20

Physical Activity Guidelines for Americans —
Physical Activity Guidelines for American Children —
Physical Activity Guidelines for American Adults —
Safety Concerns — 10,000 Steps —
Canadian 24 hour Movement Guidelines

Physical Activity and Cognition Chapter 21

Expert Performance approach —
Cognitive Component Skills approach —
Near vs Far Transfer — Cerebellum Theory —
Top Down Perspective — Selection Bias —
Reserve Theory — Behavioral Causality —
Reverse Causality — Cardiovascular Fitness Hypothesis —
Cognitive Training Hypothesis — Health Neuroscience —
Angiogenesis — Neurogenesis — Adaptation —
Exaptation