

# 10. Blood and Respiratory Media

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## Pre-class materials

**i** Read ahead

**Before class, you can prepare by reading the following materials:**

1. Tuesday we will finish [[locomotion](#)] - please be sure to watch the podcast.
2. Thursday we will move on to blood and respiratory media
3. Lab this week is on [[toad muscle](#)]! Pay attention to refining your prelab.
4. Think hard about a **hypothesis for your independent toad muscle** lab next week.

## Announcements/Reminders

- Due Thursday Homework 5 [[schedule](#)]
- Do discussion TEAMMATES eval, released each Thursday, due by Monday.
- Getting to the end, folks!

## Week 11 Discussion Groups

Group	Partner 1	Partner 2	Partner 3
1	James	Abby	Ilan
2	Christian	Kylee	Veronica
3	Ashton	Mohamad	Vivian
4	Hao	Adam	Sean

## Tuesday

- Terrestrial Locomotion [[discussion](#)] [[slide deck 2](#)]
  - Cursorial adaptations
  - Trends in posture
  - Limb cycles and gaits (kinematics)
  - Ground reaction forces and joint forces (biomechanics)
  - Conservation of energy in running, walking jumping

<https://youtu.be/YlyaASmy-1E>

## Thursday

<https://youtu.be/t0Vf-RJleCE>

- Blood and Respiratory Media [[discussion](#)] [[slide deck](#)] [[slide deck2](#)]

## Coming up Next Week

- Homework 6 Respiration Thursday 11/12 [[schedule](#)]

**i** Reminders and materials