

# A Lecture Series

Provided by

Department of Exercise Science  
Arnold School of Public Health  
University of South Carolina  
Columbia, SC, USA



October 25

Russell Pate

Topic: U.S. National Physical Activity Plan

[Russell Pate](#)



November 1

Michael Beets

Topic: Promotion of Physical Activity in Children

[Michael Beets](#)



November 8

Abbi Lane-Cordova

Topic: Physical Activity and Pregnancy

[Abbi Lane-Cordova](#)



November 15

Shawn Arent

Topic: Strength Training for Sport Performance

[Shawn Arent](#)



November 22

Sarah Burkart

Topic: Sleep, Physical Activity and Health

[Sarah Burkart](#)