4	0)	The Basic Moves Pre-requisite Knowledge	. 2
	1)	Rectangles Take the Field	. 3
	2)	Lower and Upper Face Off	. 6
	3)	Lower and Upper Team Up Lower Sums and Upper Sums	. 9
	4)	Definite Integrals Spring into Action From Lower and Upper Sums to the Definite Integral	11
	5)	Definite Integrals Keep the Ball Rolling Definite Integrals and Negative Functions	14
(Introduction to the General Definition of the Riemann Integral	19
	6)	Definite Integrals Carry the Day - Part 1 Properties of Definite Integrals (Part 1)	21
	7)	Definite Integrals Carry the Day - Part 2 Properties of Definite Integrals (Part 2)	24
	8)	What a Great Strategy! The Mean Value Theorem	29
	9)	Big F versus Little f The Integral Function	32
	10)	Here Comes the Derivative! Derivatives and Antiderivatives	37
	11)	A Fundamental Midfielder	40
	12)	Team Spirit is Integral Linking Indefinite and Definite Integrals	44
	13)	Definitely a Versatile Player	48