

EXS 375 : Exercise Physiology

This course addresses the study of how the body (on the cellular, tissue, organ system levels) responds in function and structure to 1) acute exercise stress, and 2) chronic physical activity. Aspects of chemistry, biology, and physics are integrated to explain biological events and their sites of occurrence in the human body as they affect exercise and training. Includes energy systems, neuromuscular concepts as applied to sports, and functions of the cardiovascular and respiratory systems. (Same as BIO 375)

Credits 4

Prerequisites

EXS 201

BIO 260

BIO 262

CHM 105