

# BIO 375 : Exercise Physiology

This course addresses how the body – at the cellular, tissue, and 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. Topics include energy systems, neuromuscular concepts as applied to sports, and functions of the cardiovascular and respiratory systems. The course includes lecture and lab components.

(Same as EXS 375)

**Credits** 4

**Prerequisites**

EXS 201

BIO 260

CHM 105