Nebraska Wesleyan University

HHP 215 Physiology of Exercise

Catalog

2011-2012

Course Description

A course dealing primarily with classification and analysis of exercise and with the physiological effects of exercise on the human organism. Practical application of these principles will be explored in the laboratory experience.

One 3-hour lab per week.

Prerequisite(s): BIO 010 Human Anatomy and Physiology and junior standing.

(Normally offered each fall semester.)

Course Hours

4 hours

Departments

1. Health and Human Performance