

## HHP 215 Physiology of Exercise

4 hours

### Majors, Minors & Degrees:

#### **Majors**

Athletic Training (B.S.)

Exercise Science (B.S.)

Health and Fitness Studies (B.S.)

Health and Physical Education (B.S.)

Physical Education (B.S.)

#### **Minors**

Exercise Science

Health and Fitness Studies

### Departments/Programs:

Health and Human Performance

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 and junior standing.*

(Normally offered each fall semester.)