**Nebraska Wesleyan University**

# HHP 4150 Physiology of Exercise

## Catalog

2014-2015

## Course Description

This course explores the physiological effects and adaptations of exercise using a system approach. Students will be exposed to the latest research in the field that contributes to our understanding of how the human body is designed for exercise and movement. Practical application of these principles will be explored during class and throughout the laboratory experience.
One three-hour lab per week.
*Prerequisite(s): BIO 1100 Human Anatomy and Physiology and junior standing.*
(Normally offered each fall semester.)

## Course Hours

4 hours

## Departments

1. Health and Human Performance