

Nebraska Wesleyan University

Catalog 2017-2018

## HHP 4150 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

Departments/Programs:

Health and Human Performance

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 1.5 hour lab per week.

*Prerequisite(s): BIO 1100 Introduction to Human Anatomy and Physiology II and junior standing.*

(Normally offered each fall semester.)