

Course:

HHP 4150 Physiology of Exercise

3 hours

Majors, Minors & Degrees:

Majors

Exercise Science (B.S.)

Exercise Science (Pre-AT) (B.S.)

Health and Physical Education (B.S.)

Physical Education (B.S.)

Minors

Exercise Science

Departments/Programs:

Health and Human Performance (Undergraduate)

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 laboratory experiences.

Prerequisite: BIO-1100 or BIO-3210.

(Normally offered each semester.)