Nebraska Wesleyan University

HHP 4150 Physiology of Exercise

Catalog

2026-2027

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 laboratory experiences.
Prerequisite: BIO-1100 or BIO-3210.
(Normally offered each semester.)

Course Hours

3 hours

Departments

1. Health and Human Performance (Undergraduate)