

EXSP - EXERCISE PHYSIOLOGY

EXSP 1010 Exercise Physiology (3 Credit Hours)

This Course provides students with a solid theoretical basis of Exercise Physiology as it relates to human movement, health, wellness, sport, and performance. Emphasis will be placed on practical application of exercise physiology principles including biomechanics, neuromuscular, metabolic, pulmonary, cardiovascular and endocrine responses to exercise and training. Additionally, an emphasis will be placed on practical applications of performance enhancement techniques, interaction within a multidisciplinary team, and human adaptive responses to exercise. Utilizing interactive technology, through a series of knowledge assessments, reading assignments, interactive discussions, real-world application analysis, and research projects, students will demonstrate both Exercise Physiology core-concepts and Exercise Physiology applications.

Academic Level: Undergraduate