

## BIOL 351: EXERCISE PHYSIOLOGY (W)

Lecture and lab. An in depth study of Exercise Physiology as it relates to normal physiology, fitness, performance and health. Topics include the history of exercise physiology, neuromuscular, metabolic, cardiovascular, pulmonary, and endocrine responses to exercise, research methods for improving exercise performance and special considerations relating to environmental impacts on exercise training. This course will highlight the human adaptive response to exercise in the context of the normal physiology of the systems studies. The laboratory portion will allow students to perform high level metabolic analyses and propose original research questions to extend studies they select from the primary literature. Lab fee.

**Credits:** 4

**Department:** [Biology](#)