

EXSS 461: AGING & PERFORMANCE

Students will engage in an in-depth study of the effects that aging has on acute and chronic exercise performance. The course draws on the latest evidence that aging has on both health, as well as sports performance. The course also covers the role exercise plays on “slowing the aging process” and mitigating the development of age-related disease and disorders. The course concludes with discussion of exercise programming considerations for older individuals.

Credits: 1

Prerequisites:

Students must complete EXSS 351 Exercise Physiology and EXSS 360 Strength and Conditioning with a grade of C- or better, EXSS 350 Exercise is Medicine with a grade of C- or better.

Department: [Exercise Science](#)