

EXSS 455: HIGH-INTENSITY INTERVAL TRAINING

This course is an in-depth study of history, physiology, and application of high-intensity interval training (HIIT) based on the latest science and evidence. This course is unique, as many of the class discussions will be followed by application in the lab or field. Therefore, students are expected to have a strong understanding of physiology, as well as the discipline to engage in strenuous exercise sessions. Discussions will include the use of HIIT for both athletes and other populations. Students will learn to design and implement specific HIIT programs. Note: This course requires strenuous exercise. Prerequisite: Students must complete EXSS 351 Exercise Physiology and EXSS 360 Strength and Conditioning with a grade of B- or better, or EXSS 450 Advanced Exercise Physiology with a C- or better.

Credits: 1

Department: [Exercise Science](#)