

## EXSS 201: INTRODUCTION TO EXERCISE SCIENCE (P)

This course provides an introduction to exercise science and physiology. It is intended primarily for non-majors interested in exercise physiology, as well as those minoring in coaching. The course reviews the history of the field and its various disciplines. Most of the course covers the effect of acute exercise on the physiological systems, as well as some application to chronic exercise for fitness and health. Students will also be expected to engage in at-home exercise labs. Fee required.

**Credits:** 3

**Prerequisites:**

BIO 100, 151, 111, or Permission of instructor.

**Department:** [Exercise Science](#)