

EXSS 351: EXERCISE PHYSIOLOGY (W)

Lecture and lab. An in-depth study of Exercise Physiology as it relates to normal physiology, fitness, performance, and health. The course emphasizes bioenergetics and metabolism, the cardiorespiratory system, and endocrine responses to exercise, with an overview of the neuromuscular system. Special considerations relating to environmental physiology and fatigue are also discussed. impacts on exercise training. The laboratory portion will allow students to perform a variety of exercise physiology experiments and involves considerable physical activity. Lab fee.

Credits: 4

Prerequisites:

A grade of "C" or better in [BIOL 265](#).

Department: [Exercise Science](#)