

## EXSS 450: ADVANCED EXERCISE PHYSIOLOGY

This course is designed to advance the knowledge and understanding of exercise science by using historical perspective of the field and the study of exercise. Course content includes an integration of exercise physiology and bioenergetics, biomechanics and motor control, as well as how both basic and applied exercise science, and how these areas relate to improved health and optimal performance.

Lab fee required.

**Credits:** 4

**Prerequisites:**

A grade of "C" or better in [EXSS 351](#) and [EXSS 358](#).

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