

SCI 310 : Exercise Physiology

Physiologic adjustments and adaptations to varying conditions of physical activity are explored. Topics for study include physiological aspects of humans in sports and exercise, environmental effects on human performance, the role nutrition plays in fitness and activity, and application of physiological principles to the training and conditioning process. The course is presented as a systems approach. Students must also register for the two hour exercise physiology Lab. Restricted to HSC, NTR, and PED majors or by permission of the Health Sciences Program Director.

Credits 4

Prerequisites

BIO 201 & BIO 202 with a minimum grade of C- or higher in each course

Corequisites

SCI 310L