AT 640: Physiology of Sport & Exercise

SCHOOL OF APPLIED SCIENCES

This course is designed to examine physiology. We will describe and explain how our tissues, organs, and organ systems respond to acute physical exertion and adapt to intentional training regimens. Emphasis will be placed on developing a physiological understanding of exercise, recovery, adaptation, and acclimation. We will explore biological mechanisms that underlie the practical application of aerobic, anaerobic, and resistance training, as well as the principles of recovery, rest, hydration, and nutrient and caloric intake. Throughout the course, we'll examine physiological characteristics, responses, adaptations, considerations, and their implications for athletes of different genders and changes that occur across the life span.

3 Credits

Prerequisites

- Prerequisite M.S. in Athletic Training OR Instructor Approval

Instruction Type(s)

- Lecture: Lecture for AT 640
- Lecture: Web-based Lecture for AT 640
- Lecture: Online Program for AT 640
- Lecture: Compressed Video for AT 640

Subject Areas

- Athletic Training/Trainer

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.