

ES 348: Physiology of Exercise HEALTH, EXERCISE SCI & RECREATION MGMT

Study of body systems affected by exercise; functions of these systems during exercise; effects of age, body type, and nutrition on capacity for exercise; techniques of assessing physical work capacity, and a critical analysis of research literature. Students dropping ES 348 must also drop ES 349. 3 Credits

Prerequisites

- Pre-requisites: BISC 102/103 or 160/161, 206 and 207
- Pre-requisite: Chem from required list. Co-requisite: ES 349
- Pre-Requisite: 24 Earned Hours

Corequisites

ES 349: Physiology of Exercise Laboratory

Instruction Type(s)

Lecture: Lecture for ES 348

Subject Areas

- Health and Physical Education, General
- <u>Kinesiology and Exercise Science</u>

Related Areas

- Health and Physical Education/Fitness, Other
- <u>Socio-Psychological Sports Studies</u>
- Sport and Fitness Administration/Management

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