

## **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](#)
- [Kinesiology and Exercise Science](#)

### **Related Areas**

- [Health and Physical Education/Fitness, Other](#)
- [Socio-Psychological Sports Studies](#)
- [Sport and Fitness Administration/Management](#)

