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

- Bisc 206: Human Anatomy and Physiology I (Minimum grade: C)
- Bisc 207: Human Anatomy and Physiology II (Minimum grade: C)
- Chem 101 or (Chem 105 and Chem 115)
- 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
- Sport and Fitness Administration/Management

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