

## 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)
- Prerequisite: Chem 103 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](#)
- [Sports Studies](#)

