

## **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](#)

