

ES 452: Applied Sport Science Health, Exercise Sci & Recreation Mgmt

The course is designed to assist students in understanding sport physiological processes that occur during training, fatigue, and recovery in athletes and how sport scientists currently monitor athletes. Students will expand their knowledge of physiological requirements of various sports and athlete performance and the principles underlying physiological sport science testing from both a theoretical and practical perspective, with an emphasis on hands-on field-based and laboratory-based testing currently being utilized by practitioners.

4 Credits

Prerequisites

- Bisc 206: Human Anatomy and Physiology I (Minimum grade: C)
- Bisc 207: Human Anatomy and Physiology II (Minimum grade: C)

Instruction Type(s)

• Lecture: Lecture for ES 452

Subject Areas

• Kinesiology and Exercise Science

Related Areas

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

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.

