

## **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](#)

