

ES 619: Ergogenic Aids for Sport Performance

Health, Exercise Sci & Recreation Mgmt

This graduate-level course explores the science, application, and ethical considerations of ergogenic aids in enhancing sport performance. Ergogenic aids encompass a wide range of substances, technologies, and practices aimed at improving athletic performance, including nutritional supplements, pharmacological agents, psychological strategies, and biomechanical aids. Through a multidisciplinary approach, students will critically examine the physiological mechanisms underlying ergogenic aids, their efficacy, safety, and legal implications in sport.

3 Credits

Instruction Type(s)

- Lecture: Lecture for ES 619
- Lecture: Web-based Lecture for ES 619

Subject Areas

- [Kinesiology and Exercise Science](#)

Related Areas

- [Health and Physical Education, General](#)
- [Health and Physical Education/Fitness, Other](#)
- [Sport and Fitness Administration/Management](#)
- [Sports Studies](#)

