

## **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](#)

