

SCI 310 : Exercise Physiology

Physiologic adjustments and adaptations to varying conditions of physical activity are explored. Topics for study include physiological aspects of humans in sports and exercise, environmental effects on human performance, the role nutrition plays in fitness and activity, and application of physiological principles to the training and conditioning process. The course is presented in a systems approach. Students must also register for the two-hour Exercise Physiology lab.

Prerequisites

BIO-201 & BiO-201 or BIO-117