

# PTY 523 : Physiological Principles of Exercise and Fitness Assessment

Physiologic response and adaptation to physical activity across the lifespan is explored. Topics for study include physiological response of humans to aerobic, anaerobic, muscle strengthening, muscle endurance exercise, and the effects of thermal conditions and altitude on human performance. Nutrition and its effects on fitness/activity across the lifespan and the principles and procedures of fitness assessment are presented. Application of strengthening and cardiovascular training programs to physical therapy patients and clients is introduced. This course is only open to students in the DPT program.

**Credits** 3.5

**Prerequisites**

PTY 502, PTY 505, PTY 506