

EXER 422: Physiology of Exercise

Explains the physiological processes that regulate human exercise tolerance. Topics include bioenergetics, energy expenditure, and functions of the cardiovascular, pulmonary, neuromuscular, musculoskeletal, renal, and neuroendocrine systems, training, environmental influences, ergogenic aids, nutrition, and weight control.

Credits: 3

Prerequisites:

BIOL 221.

Program: Exercise Science