

## ESS 324 : Exercise Physiology (+lab)

This course concentrates on physiological adaptations made by the human organism to the stress of exercise. Acute and chronic adaptations are reviewed. Some of the topics covered include the effects of exercise on the cardiovascular and pulmonary systems, the nutritional basis for human performance, physical training techniques, ergogenic aids, environmental factors, exercise and energy for physical activity. Laboratory work that involves scientific instrumentation is included.

**Credits** 4

**Prerequisites**

BIO 108 or BIO 205 and 206

**Semester Offered**

Offered fall