

EXERCISE PHYSIOLOGY

EXS 202**Exercise Physiology****3.0 UNITS**

This course includes the study of human responses and adaptations to exercise of varying levels of stress and intensity. Major topics include bioenergetics, the physiology of the circulatory, respiratory, muscular and nervous systems as they apply to exercise, and the underlying physiological basis of fitness. Laboratory experiences illustrate the practical application of theoretical content with hands-on experiences to measure and apply the concepts learned in lecture.