

HHP 261 : EXERCISE PHYSIOLOGY

Transcript title

Exercise Physiology

Credits

4

Grading mode

Standard letter grades

Total contact hours

40

Lecture hours

40

Recommended preparation

MTH 015 (or higher) or minimum placement Math Level 7 and WR 065 or WR 121 or minimum placement Wr/Comm Level 7.

Course Description

This course is designed to provide the student with an introductory foundation for understanding the physiology associated with exercise. Emphasis will be placed on how the various tissues and systems of the body adjust to acute work stress and ultimately adapt to chronic exercise training. Course materials will include metabolic, musculoskeletal, cardiovascular, and respiratory adaptations to exercise and exercise training.

Course learning outcomes

1. Understand chronic health risks and how to implement holistic, lifestyle behavior change to enhance personal and community-wide safety, health, and fitness.
2. Demonstrate knowledge of the history of exercise physiology in the United States.
3. Describe the acute responses of the metabolic, pulmonary, cardiovascular, nervous, and musculoskeletal systems to exercise.
4. Describe the chronic adaptations of the metabolic, respiratory, cardiovascular, nervous, and musculoskeletal systems to exercise.
5. Demonstrate knowledge of how the body's energy systems work together to meet the demands of low and high intensity as well as prolonged exercise.
6. Measure/calculate maximal oxygen uptake, lactate threshold, muscular power, and body composition as well as interpret results data.

General education/Related instruction lists

- Science not Lab
- Health