

PHYSD 0937 : Exercise Physiology

This course presents core concepts and terminology in exercise physiology. Emphasis is placed on the immediate and long-term physiologic compensatory adjustments to exercise, the role of exercise in promoting optimal health, and the role of exercise as a diagnostic or therapeutic modality in disease states. This is a lecture-based course that utilizes problem-based written assignments to foster application of material.

Credits 3.0

Prerequisites

[PHYSD 0550](#), 0551 Human Physiology I, II