

PHE 430: Physiology of Exercise

Provides a basic understanding of physiology and its application to muscular activity, conditioning, exercise, and health-related fitness. Also, direct implications for physical education and athletics will be discussed. Laboratory experience included.

Credits: Credits 4

Prerequisites:

Prerequisites

BIO 181 or BIO 215 or BIO 216

Semester Offered:

Semester Offered

Offered spring semester.