

# HHPL 107: Exercise Physiology

Focus on the physiological effects of exercise on the human body. Students will gain a comprehensive understanding of the various acute and chronic physiological adaptations associated with involvement in fitness, sport, and other healthy lifestyle activities. Major topics include energy use, the muscular, cardiovascular, respiratory, and nervous systems, metabolism, body composition, temperature regulation, and training guidelines.

**Credits:** 3

**Prerequisites/Permissions:**

PHED 102, PHED 103, and PHED 104.

**Program:**

## Health, Human Perform. & Leisure Studies

### COURSE DESCRIPTIONS