
2024-25 ACADEMIC COURSES

BIO 104 : BIOLOGY OF EXERCISE

In this course, students are introduced to the basic principles of exercise biology, including the physiological responses to acute and chronic exercise, the impact of heat, altitude and other environmental stressors on exercise performance and safety, and the metabolic basis for measurements of oxygen uptake during exercise. The role of each body system in strength and endurance exercise performance will be considered. The relationships between physical activity, body composition, and health will be examined. Level I Prerequisite: Academic Reading and Writing Levels of 6

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Description	Hours
Credits	4
Lecture Hours	45
Clinical Hours	0
Lab Hours	45
Other Hours	0
Total Hours	90

Accurate as of 03/26/2025 Information is subject to change without notice.