

# 2024-25 ACADEMIC COURSES

## BIO 201 : PHYSIOLOGY OF EXERCISE

In this course, students are introduced to the basic principles of exercise physiology, 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 as well as the effects of regular exercise on health and aging. Level I Prerequisite: Academic Reading and Writing Levels of 6; BIO 109, BIO 110, or BIO 111

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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 10/24/2024 Information is subject to change without notice.