

EX 335: Exercise Physiology

Physiology of muscles, energy systems, and the cardiovascular and respiratory systems. Emphasis will be placed on how the physiology of these systems relates to aerobic, anaerobic, and resistance training.

Hours: 3

Prerequisites:

A grade of "C" or better in BI275.

Program: [Exercise Science](#)

Semester Offered:

Fall,

Spring

Recommended:

one semester of college chemistry.