

Course Contents:

Physiology in Exercise: Exercise Metabolism, Hormonal Responses to Exercise; Circulatory Responses to Exercise; Respiration during Exercise; Acid-Base Balance during Exercise; Temperature Regulation in Exercise.

Physiology of Health and Fitness: Patterns in health and disease; Body Composition and Nutrition for Health; Cardiorespiratory Fitness; Exercise Prescriptions for Health and Fitness; Exercise for Special Population.

Physiology of Performance: Factors Affecting Performance; Nutrition, Body Composition and Performance; Evaluation of Performance; Training for Performance; Exercise and the Environment.

Teaching-Learning Strategies

Teaching will be a combination of class lectures, class discussions, and group work. Short videos /films will be shown on occasion.

Assignments

The sessional work will be a combination of written assignments, class quizzes, presentation, and class participation/attendance.

Assessments and Examination

Sessional Work: 25 marks

Midterm Exam: 35 marks

Final term Exam: 40 marks

Books Recommended:

1. McArdle, W.D., Katch, F.I. and Katch, V.L., 2001. Exercise Physiology, Nutrition and Human Performance, 5th Ed.. Lippincott, Williams and Wilkins Publishers, Philadelphia.
2. Powers, S.K. and Howley, E.T., 1997. Exercise Physiology: Course Contents: and application to fitness and performance. Brown and Benchmark Publishers, Madison.

Course Contents:

Studies on responses of metabolite in exercise; Experiments on hormonal responses and sensitivity during exercise; Cardiac and Respiratory Indices and their adaptations in exercise; Work tests to evaluate cardiorespiratory fitness; Exercise prescription for health and fitness. Work tests to evaluate performance.

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