Basic Physiology of Exercise is a survey course of human physiological parameters as related to physical exercise and work. Course includes in-depth examination of skeletal muscle, cardiovascular, and pulmonary physiology and the responses to acute exercise and chronic training. Additional specialty topics include environmental physiology (thermoregulation, altitude), nutritional ergogenics, elite performance physiology, body composition, obesity, and sex differences. Course includes 10 laboratory sessions designed to introduce common physiological measures completed in both research and clinical settings.

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