

Sports and Physical Fitness

Syllabus Number

SPS-214

Elective

2 credit

HIRUMA, Eisuke

1. Course Description

This program is designed to provide competencies and knowledge for students to pursue further academic training in exercise physiology or other related academic and patient care fields. In this class, students study skeletal muscle function, neural control human movement, cardiovascular regulation and integration, functional capacity of the cardiovascular system and mechanism of physical fatigue. Students utilize knowledge and abilities to conduct and evaluate exercise and fitness assessments for children, adults, older adults, athletes, and special persons.