

Exercise Physiology I

Syllabus Number	SPS-109
Elective	2 credit
KAWADA, Shigeo	

1. Course Description

The course provides an overview of human organ responses to exercise. Specifically, in this course, we will learn about the acute and chronic changes induced by various exercises, including high- and low-intensity exercises, and anaerobic and aerobic exercises in the skeletal muscle, nervous, and circulation systems. Upon completion, you should be able to understand the effects of exercise on the human body.