

COURSE DETAIL

INTRODUCTION TO EXERCISE SCIENCE

Country

Ireland

Host Institution

University College Dublin

Program(s)

University College Dublin

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Physical Education Biological Sciences

UCEAP Course Number

112

UCEAP Course Suffix**UCEAP Official Title**

INTRODUCTION TO EXERCISE SCIENCE

UCEAP Transcript Title

EXERCISE SCIENCE

UCEAP Quarter Units

4.00

UCEAP Semester Units

2.70

Course Description

In this course, students study exercise science. They learn how an acute bout of exercise alters the structure and function of the human body, and they examine the acute responses to exercise in the neuromuscular system, the cardio-respiratory system, together with the associated metabolic, neuro-endocrine, and thermoregulatory responses.

Language(s) of Instruction

English

Host Institution Course Number

PERS10060

Host Institution Course Title

INTRODUCTION TO EXERCISE SCIENCE

Host Institution Course Details

https://sisweb.ucd.ie/usis/!W_HU_MENU.P_PUBLISH?p_tag=MODULE&MODULE=PERS10060

Host Institution Campus

UC Dublin

Host Institution Faculty**Host Institution Degree****Host Institution Department**

Performance Science

Course Last Reviewed

2020-2021

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