

# COURSE DETAIL

## PRINCIPLES OF EXERCISE FOR HEALTH AND PERFORMANCE

**Country**

New Zealand

**Host Institution**

University of Otago

**Program(s)**

University of Otago

**UCEAP Course Level**

Lower Division

**UCEAP Subject Area(s)**

Physical Education

**UCEAP Course Number**

18

**UCEAP Course Suffix****UCEAP Official Title**

PRINCIPLES OF EXERCISE FOR HEALTH AND PERFORMANCE

**UCEAP Transcript Title**

HEALTH&PERFORMANCE

**UCEAP Quarter Units**

8.00

**UCEAP Semester Units**

5.30

## Course Description

An introduction to the principles and practice of exercise science, including common and relevant myths or misconceptions. It introduces exercise science and its disciplines (e.g., biomechanics) partly by considering common myths, misconceptions, and students' understanding of these. For example, what actually is exercise or fitness? Is exercise training necessary for fitness, and is fitness necessarily improved from training? What constitutes resistance or endurance exercise, and why do they improve fitness for health, work, or sport? Do training aids such as sports drinks really aid fitness or performance? Does practice improve skill? How much practice, and what type? How would you know such things or test them yourself? Cultural and environmental contexts are also addressed.

### Language(s) of Instruction

English

### Host Institution Course Number

SPEX102

### Host Institution Course Title

PRINCIPLES OF EXERCISE FOR HEALTH AND PERFORMANCE

### Host Institution Campus

Otago

### Host Institution Faculty

Sport, Physical Education and Exercise

### Host Institution Degree

### Host Institution Department

Sport, Physical Education and Exercise

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