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 Course Details

Host Institution Campus
Otago

Host Institution Faculty
Sport, Physical Education and Exercise

Host Institution Degree

Host Institution Department
Sport, Physical Education and Exercise

Course Last Reviewed

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