

COURSE DETAIL

HUMAN PERFORMANCE OPTIMIZATION

Country

Denmark

Host Institution

University of Copenhagen

Program(s)

University of Copenhagen

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Physical Education

UCEAP Course Number

141

UCEAP Course Suffix**UCEAP Official Title**

HUMAN PERFORMANCE OPTIMIZATION

UCEAP Transcript Title

HUM PERFORM OPTIMZN

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

This course provides an in-depth understanding of strategies, and their physiological underpinnings, to improve sports performance in athletes. This involves both acute strategies (i.e., methods immediately before or during competition) and prolonged interventions (e.g., intensified training, tapering and hypoxia) that can enhance performance in already well-trained individuals.

Language(s) of Instruction

English

Host Institution Course Number

NNEK24007U

Host Institution Course Title

HUMAN PERFORMANCE OPTIMIZATION

Host Institution Course Details

<https://kurser.ku.dk/course/nnek24007u/2025-2026>

Host Institution Campus

Host Institution Faculty

Science

Host Institution Degree

Master

Host Institution Department

Nutrition, Exercise and Sports

Course Last Reviewed

2025-2026

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