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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