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Science of Exercise [1]



About This Course

Learners who complete Science of Exercise will have an improved physiological understanding of how your body responds to exercise, and will be able to identify behaviors, choices, and environments that impact your health and training. You will explore a number of significant adjustments required by your body in order to properly respond to the physical stress of exercise, including changes in carbohydrate, fat and protein metabolism, nutritional considerations, causes of muscle soreness & fatigue, and the effectiveness and dangers of performance enhancing drugs. Active learning assessments will challenge you to apply this new knowledge via nutrition logs, heart rate monitoring, calculations of your total daily caloric expenditure and body mass index (BMI). Finally, learners will examine the scientific evidence for the health benefits of exercise including the prevention and treatment of heart disease, diabetes, cancer, obesity (weight loss), depression, and dementia.



Language
English



How to Pass
Pass all graded assignments to complete the course.



User Ratings
Average User Rating 4.7



Level
Beginner

Who is this class for:

Anyone who wishes to understand the basics of exercise physiology, whether for personal fitness & health benefits or to be more fully informed when advising and treating patient populations would benefit from this course.

For More Information or to Enroll [2]



[2]

Created by:

University of Colorado Boulder

Groups audience:
Colorado Learning and Teaching with Technology
Right Sidebar:
MOOC Science of Exercise

Source URL:https://www.cu.edu/coltt/science-exercise

Links
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