FLCC Course Syllabus

General Information

Date
01/19/2017

Department
Physical Education & Integrated Health Care

Course Prefix:
HPE

Course Number:
227

Course Title:
Physiology of Exercise

Course Information

Credit Hours
4

Lecture Contact Hours
3

Laboratory Contact Hours
2

Catalog Description
This course is a requirement for all students enrolled in the AS Sports Medicine and AS Physical Education programs. In addition, this course is appropriate for students intending to transfer to pursue a degree in sports medicine, including exercise science and athletic training. This course provides students with an opportunity to deepen their understanding of the body's responses and adaptations to exercise. Each of the body's systems will be reviewed with a focus on the influences of activity. Laboratory experiences will allow students to integrate and apply the concepts of exercise physiology through investigative experiments.

Prerequisites
BIO 171

Co-requisites
BIO 172

Grading Scheme
Letter Grade

FLCC Values
College Learning Outcomes Addressed by the Course

Inquiry
Interconnectedness
Vitality
Perseverance

Course Learning Outcomes

Course Learning Outcomes

1. Discuss metabolic principles necessary for meeting energy needs during various intensity physical activities.
2. Explain how exercise causes both acute physiological adaptations and long term changes as a result of consistent physical activity.
3. Outline the health benefits of consistent physical activity as well as the health risks of physical inactivity.
4. Demonstrate accepted practices in evaluating an individual's physical performance (e.g. aerobic fitness, anaerobic fitness, cardiorespiratory fitness, neuromuscular performance, and body composition).

Program Affiliation

This course is required as a core program course in the following program(s)

AS Physical Education and Exercise Science
AS Sports Medicine

Outline of Topics Covered

Outline of Topics Covered in Course

Physiology+of+Exercise+topics+list.docx