

Learning objectives

1. Describe the general scope of the field of exercise and sport physiology.
2. Describe the general history and major events of the field of exercise physiology in the United States.
3. Describe the importance of exercise physiology as a component of the kinesiology educational curriculum.
4. Define key terminology within exercise physiology.
5. Explain the general principles that form the basis of exercise physiology.
6. Describe and provide examples of the health- and skill-related components of physical fitness.
7. List and explain the principles of exercise training.
8. Identify careers related to exercise physiology.