

School of Kinesiology
Faculty of Health Sciences
Email: mbabcock@uwo.ca Lab Instructor:

Calendar Description:

Investigation of current knowledge of the prescription and the physiological effects of training, with emphasis on aerobic and anaerobic energy systems, and strength training.
3 lecture hours, 2 lab hours, 0.5 course.

Course Description:

This course is designed for those students who have a background in exercise physiology to acquire an understanding of current knowledge regarding evidence-based training techniques and physiological effects of training and to develop and evaluate exercise training programs.

Content:

Material will include study of the methods and effects of cardiorespiratory (aerobic) training (both continuous and interval), anaerobic training and strength development. Evaluating aerobic and anaerobic energy systems and strength will be reviewed. ~~include~~ Physiological effects of

