

EDKP 445. EXERCISE METABOLISM.

Credits: 3

Offered by: Kinesiology and Physical Ed (Faculty of Education)

This course is not offered this catalogue year.

Description

The biochemical structure and regulation of major biochemical pathways related to exercise. Examine the hormonal regulation of lipid, carbohydrate and protein metabolism during short and prolonged exercise as well as the influence of physical training. Examine gender-related differences and exercise metabolism.

- Prerequisite: EDKP 395.

Most students use Visual Schedule Builder (VSB) to organize their schedules. VSB helps you plan class schedules, travel time, and more.

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