

EDKP 446. PHYSICAL ACTIVITY AND AGEING.

Credits: 3

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

This course is not offered this catalogue year.

Description

Review of ageing-related changes in circulatory, respiratory, neuromuscular, hormonal, metabolic and immune systems as they relate to functional limitations and the physiological responses to acute and chronic exercise. Examination of the role of exercise in mitigating ageing response.

- 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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