EXERCISE PHYSIOLOGY (EXP)

Subject-area course lists indicate courses currently active for offering at the University of Louisville. Not all courses are scheduled in any given academic term. For class offerings in a specific semester, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm).

500-level courses generally are included in both the undergraduate- and graduate-level course listings; however, specific course/section offerings may vary between semesters. Students are responsible for ensuring that they enroll in courses that are applicable to their particular academic programs.

Course Fees

Some courses may carry fees beyond the standard tuition costs to cover additional support or materials. Program-, subject- and course-specific fee information can be found on the Office of the Bursar website (https://louisville.edu/bursar/tuitionfee/university-fees/).

EXP 501. Applied Exercise Physiology  3 Units
Term Typically Offered: Spring Only
Prerequisite(s): Consent of instructor.
Description: Selective review of the pertinent areas of basic physiology and the application of this knowledge to exercise conditions. Consists of both lecture and laboratory format.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

EXP 502. Principles of Exercise Testing and Prescription  3 Units
Term Typically Offered: Spring Only
Prerequisite(s): EXP 501 or consent of instructor.
Description: Effects of exercise to prevent coronary heart disease and atherosclerosis; specific effects of exercise on the established risk factors. Exercise as a rehabilitative measure in heart attack recovery.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

EXP 503. Clinical Exercise Physiology  3 Units
Term Typically Offered: Fall Only
Prerequisite(s): EXP 502 or consent of instructor.
Description: This course provides students with in-depth content regarding the physiology of exercise specifically related to clinical populations.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

EXP 600. Exercise Biochemistry  3 Units
Term Typically Offered: Fall Only
Prerequisite(s): EXP 501 and EXP 605 or consent of instructor.
Description: Effects of physical activities and work-related stress on the human organism. Includes energy liberation, circulation and respiration, physical work capacity, physical training, energy cost of various activities, nutrition and performance, temperature regulation, factors affecting performance and fitness, physiology of various sport activities. Laboratory demonstrations and projects and discussion of current literature. Spring.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

EXP 601. Laboratory Methods in Exercise Physiology  3 Units
Term Typically Offered: Spring Only
Prerequisite(s): Consent of instructor Basic laboratory techniques in Exercise Physiology will be covered, including: oxygen consumption, strength measurement, body composition, etc.
Fee: An additional $95.00 is charged for this course.
Description: General concepts of data collection including validity and reliability will be emphasized. Scientific writing skills will be developed through the use of lab reports. Experimental design and analysis will be briefly discussed. Fall.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

EXP 602. Biochemistry of Exercise  3 Units
Term Typically Offered: Spring Only
Prerequisite(s): EXP 600 or consent of instructor.
Description: Examination of nutritional, energetic and metabolic aspects of exercise. Emphasis on various biochemical control mechanisms that function during exercise and biochemical adaptations that occur through exercise training. Spring.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

EXP 603. Seminar in Exercise Physiology  3 Units
Term Typically Offered: Spring Only
Prerequisite(s): EXP 501 and EXP 605 or consent of instructor.
Description: Reviews, presentations and discussions of current topics in exercise physiology.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

EXP 604. Advanced Topics in Exercise Physiology  1-3 Units
Term Typically Offered: Fall Only
Prerequisite(s): EXP 600 or consent of instructor.
Description: Independent study under the guidance of a selected faculty member.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

EXP 605. Human Physiology  3 Units
Term Typically Offered: Fall Only
Prerequisite(s): Consent of instructor.
Description: Fundamental mechanisms of human physiology and study of coordinated body functions. Emphasis on neuromuscular, circulatory, respiratory and endocrine systems. Fall.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)
EXP 606. Practicum in Exercise Physiology     3 Units
Term Typically Offered: Fall Only
Prerequisite(s): EXP 605, EXP 601, HSS 604.
Description: This course is designed to provide an immersive and comprehensive experience for students seeking advanced knowledge and practical skills in the field of exercise physiology. Integrating theoretical concepts with real-world applications, the course focuses on case study presentations, clinical immersion experiences, and research activities to foster a deep understanding of exercise physiology principles. For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

EXP 607. Neuromuscular Exercise Physiology     3 Units
Term Typically Offered: Spring Only
Description: This course provides a foundation for the interaction of the nervous system, musculoskeletal system and the control of human movement.
Note: Cross-listed with HSS 500.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

EXP 608. Strength and Conditioning I     3 Units
Term Typically Offered: Fall Only
Description: The course provides some of the content to prepare students for certifications offered by the National Strength and Conditioning Association (Certified Strength and Conditioning Specialist, CSCS), USA weightlifting (Sport Performance Coach), Collegiate Strength and Conditioning Coaches Association (Strength and Conditioning Coach Certified, SCC), National Academy of Sports Medicine (Performance Enhancement Specialist, PES and Corrective Exercise Specialist, CES), and Functional Movement Systems (Functional Movement Screening, FMS).
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

EXP 609. Strength and Conditioning II     3 Units
Term Typically Offered: Spring Only
Prerequisite(s): EXP 608.
Description: This course is designed to optimize more practical programming and coaching opportunities. It is designed to prepare students to develop and implement safe and effective programming for a variety of athletic populations through manipulation of programming variables and periodization strategies. This course, (along with its prereq) provides some of the content to prepare students for certifications offered by the National Strength and Conditioning Association, National Academy of Sports Medicine, and Functional Movement Systems Inc.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

EXP 611. Advanced Cardiorespiratory Physiology with ECG     3 Units
Term Typically Offered: Spring Only
Prerequisite(s): EXP 501, EXP 502 and EXP 605 or consent of instructor.
Description: Course delivers an in-depth examination of the pathophysiology of cardiovascular and pulmonary diseased states during resting conditions and their effects on the exercise response. The mechanical and electrical properties of the heart are explored through the interpretation of ECG signals including rate, rhythm, axis, hypertrophy and infarction. Myocardial oxygen consumption, pressure-volume loops, arteriovenous oxygen differences, and the effects of cardiac pharmacology are also reviewed.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

EXP 620. Exercise Physiology Internship     3-6 Units
Term Typically Offered: Spring Only
Prerequisite(s): EXP 501, EXP 502, EXP 600, EXP 605 or consent of instructor.
Description: Experience in exercise testing, prescription and leadership are available for cardiac rehabilitation, elderly, pulmonary, orthopedic, sports performance, and other special populations as well as healthy individuals.
Course Attribute(s): CBL - This course includes Community-Based Learning (CBL). Students will engage in a community experience or project with an external partner in order to enhance understanding and application of academic content.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)

EXP 699. Thesis     1-6 Units
Grading Basis: Pass/Fail
Prerequisite(s): Consent of advisor.
Description: Thesis hours.
Note: Pass/Fail.
For class offerings for a specific term, refer to the Schedule of Classes (http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm)