



<b>Disciplina:</b> Adaptações fisio-metabólicas ao exercício físico		<b>Status:</b> optativa
<b>Código:</b> PGN020	<b>Carga horária:</b> 45 h	<b>Créditos:</b> 3

### **Ementa**

Estudo das alterações fisiológicas e metabólicas decorrentes do exercício físico aeróbio e anaeróbio.

### **Bibliografia**

#### Aula 1

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