



Disciplina: Physiology of Exercise		Status: optativa
Código: PGN023	Carga horária: 45 h	Créditos: 3

Ementa

The main purpose is to investigate how several human body systems are regulated during the exercise and how training and nutritional supplementation could alter it. A secondary purpose is become students able to learning a specific subject in English..

Conteúdo programático

- 1) muscle contraction and metabolism;
- 2) cardiac and circulatory regulation during the exercise;
- 3) ventilator regulation during the exercise;
- 4) nervous and endocrine regulation during the exercise and;
- 5) thermoregulation during the exercise.

Bibliografia

Books and articles about physiology of exercise. Please, consider just books and articles in English.