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Physiology of Exercise and Healthy Aging applies the science of exercise physiology to an analysis of the aging process and identifies the positive effects that regular exercise and physical activity have not only on longevity but also on delaying specific diseases, decreasing morbidity, and.

In your first year, you will develop core knowledge in human nutrition, sport and exercise psychology, anatomy and physiology and gym instruction. In your second year, you will extend your skills in these areas to include Nutrition in Health and Disease and also Personal Training and Injuries and Rehabilitation.

Exercise physiology Research has proven that exercise, at the correct intensity and duration, does improve the quality and duration of life. More importantly, it decreases the incidence of chronic health conditions and obesity. Through exercise physiology you can be tested and provided with exercises to help with the management and prevention of:

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The Positive Effects of Exercise on Insulin Sensitivity are Mediated by Improvements in Mitochondrial Physiology. Non-insulin-dependent diabetes mellitus (NIDDM), obesity and their associated comorbidities (heart failure, kidney disease, sarcopenia) are major health concerns in the world today.

This module will focus on the application of physiology to exercise, health and sports performance. Current practice in these areas will be evaluated and the strengths and weaknesses of competing strategies discussed. The module will also consider the validity and reliability of appropriate physiological measurement techniques.

The Physiology, Exercise and Nutrition Research Group is led by Stuart Galloway whose research focuses on the regulation of fluid balance, and the impact of nutritional and exercise stimuli on carbohydrate and fat metabolism in human skeletal muscle.

Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores. 5.

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Exercise has been shown to relieve symptoms of stress, anxiety, and depression, and help manage various diseases, 1 yet only one in four Americans is meeting the recommended levels of physical activity. 2

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It's medically proven that people who do regular physical activity have: up to a 35% lower risk of coronary heart disease and stroke. up to a 50% lower risk of type 2 diabetes. up to a 50% lower risk of colon cancer. up to a 20% lower risk of breast cancer. a 30% lower risk of early death.

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