

SCPS 362 Exercise Physiology

Class Schedule

Date	Act.#	Time	Topics	Instructor
9 Jan		13.00-13.15	Orientation	MP
9 Jan	L1	13.15-13.45	Introduction and applications of exercise physiology: Career development and current trends in exercise	MP
	L2	13.45-15.00	Bioenergetics and exercise metabolism	VS
23 Jan	L3	13.00-15.00	Nutrition and weight control	IP
30 Jan	Lab 1	13.00-15.00	Body composition/ nutrition prescription for different training targets	IP
6 Feb	L4	13.00-15.00	Muscular adaptation to exercise training	RS
13 Feb	Lab 2	13.00-16.00	Muscular performance testing	RS
20 Feb	L5 & Lab 3	13.00-16.30	How genetics influence athletic Performance and Exercise genomics	IP
5 Mar			Midterm exam	
12 Mar	Lab 4	13.00-16.00	Field trip: Pilates Plus Bangkok Studio	MP
19 Mar	L6 & 7	13.00-16.00	Cardiopulmonary adaptation and exercise under environmental stress	IP
26 Mar	Lab 5 & 6	13.00-16.00	Evaluation of aerobic capacity and exercise stress test	IP
4 Apr	L8	13.00-15.00	Exercise in special population	MP
9 Apr	Lab 7	13.00-16.00	Field trip: Exercise physiology laboratory at Sports Authority of Thailand (SAT)	TB

Venue: Pr408, B501/1