APPLIED PHYSIOLOGY (APPH)

APPH 1040. Scientific Foundations of Health. 2 Credit Hours.
Students will learn how genetics, the environment and human behavior influence well-being. Topics include health fitness, immunity, nutrition, stress management and chronic disease prevention. Credit not allowed for both APPH 1040 and APPH 1050 or HPS 1040 or APPH 1060.

APPH 1050. The Science of Physical Activity and Health. 2 Credit Hours.
Students will learn the importance of health fitness, good nutrition, stress management and chronic disease prevention. Activity portion of course will focus on training to improve fitness. Credit not allowed for both APPH 1050 and HPS 1040 or APPH 1040 or APPH 1060.

APPH 1060. Flourishing: Strategies for Well-being and Resilience. 2 Credit Hours.
This course is designed to help students improve their health/well-being and flourish by using conceptual pillars such as coping, resiliency, optimism, mindfulness, and emotional intelligence. Credit not awarded for both APPH 1060 and APPH 1040 or APPH 1050.

APPH 3802. Special Topics. 2 Credit Hours.
Topics of current interest in applied physiology.

APPH 3904. Special Problems. 1-21 Credit Hours.
Individual studies in applied physiology.

APPH 4804. Special Topics. 4 Credit Hours.
Topics of current interest in applied physiology.

APPH 4831. Special Topics. 1 Credit Hour.
Topics of current interest in applied physiology.