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 APPH 1040 or HPS 1040.

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 1050 or APPH 1040.

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.

APPH 11XX. Wellness Requirement. 1-21 Credit Hours.

APPH 1802. Special Topics. 2 Credit Hours.
Special Topics.

APPH 1XXX. Applied Physiology elective. 1-21 Credit Hours.

APPH 2500. Introduction to Sport Science. 3 Credit Hours.
Students will apply scientific principles to human performance related to sport and movement across an array of topics (e.g., rehabilitation, exercise physiology, locomotion biomechanics, prosthetics).

APPH 2698. Undergraduate Research Assistantship. 1-12 Credit Hours.
Independent research conducted under the guidance of a faculty member.

APPH 2699. Undergraduate Research. 1-12 Credit Hours.
Independent research conducted under the guidance of a faculty member.

APPH 2XXX. Applied Physiology elective. 1-21 Credit Hours.

APPH 3000. Survey of Medicine. 3 Credit Hours.
Content focuses on scientific, social, and cultural aspects of illness, how perceptions and behavior influence disease concept and fundamental aspects of medical diagnosis and treatment.

APPH 3500. Nutrition and Health. 2 Credit Hours.
Study of human nutrition as an applied science. Nutrition physiology: metabolism, energy, production, biochemical aspect, role of nutrients, weight control mechanisms, and preventative nutrition in health management will be covered.

APPH 3753. Fundamentals of Anatomy. 3 Credit Hours.
Detailed studies of human body structures using a regional and systems approach. Emphasis is placed on structural relationships and the integration of body systems.

APPH 3754. Laboratory in Human Anatomy. 1 Credit Hour.
A detailed hands-on study of human structure using high resolution models, specialized specimens and dissection of selected mammalian organs and tissues.

APPH 3755. Human Physiology. 3 Credit Hours.
Students will explore the function and adaptation of the human body emphasizing neuromuscular, cardio-respiratory, gastrointestinal, endocrine, and urinary systems to maintain homeostasis and human health.

APPH 3756. Laboratory in Human Physiology. 1 Credit Hour.
A laboratory application of concepts in Physiology, providing hands-on experience focusing primarily on non-invasive human experiments supplemented with vitro tissues experiments.

APPH 3801. Special Topics. 1 Credit Hour.
Topics of current interest in applied physiology.

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

APPH 3803. Special Topics. 3 Credit Hours.
Topics of current interest in applied physiology.

APPH 3804. Special Topics. 4 Credit Hours.
Topics of current interest in applied physiology.

APPH 3831. Special Topics. 1 Credit Hour.
Topics of current interest in applied physiology.

APPH 3832. Special Topics. 2 Credit Hours.
Special Topics of current interest in applied physiology.

APPH 3833. Special Topics. 3 Credit Hours.
Topics of current interest in applied physiology.

APPH 3834. Special Topics. 4 Credit Hours.
Topics of current interest in applied physiology.

APPH 3901. Special Problems. 1-21 Credit Hours.
Individual studies in applied physiology.

APPH 3902. Special Problems. 1-21 Credit Hours.
Individual studies in applied physiology.

APPH 3903. Special Problems. 1-21 Credit Hours.
Individual studies in applied physiology.

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

APPH 4100. Exercise Physiology. 3 Credit Hours.
Physiology of human movement with emphasis on metabolic, cardiorespiratory, and musculoskeletal aspects; associated topics include body composition, thermoregulation, and ergogenic aids.

APPH 4200. Kinesiological Basis of Human Movement. 3 Credit Hours.
Analysis of human movement from a kinesiological, neural and anatomical perspective including the study of locomotion and the mechanisms of selected musculoskeletal injuries, chronic and acute.

APPH 4238. Ion Channel Structure, Function and Regulation. 3 Credit Hours.
We will examine the basic biophysical properties, structure-function relationships, physiological regulation, pathology and pharmacological manipulation of ion channels with heavy reliance on recent literature.

APPH 4400. Human Neuroanatomy. 3 Credit Hours.
The purpose of this course is to learn the anatomical makeup of the human nervous system. In this course we will closely examine details of central and peripheral neuroanatomy with links to function. As well, comparisons with non-human vertebrate neuroanatomy will be made. Credit not allowed for both APPH 4400 and APPH 6400.

APPH 4698. Undergraduate Research Assistantship. 1-12 Credit Hours.
Independent research conducted under the guidance of a faculty member.

APPH 4699. Undergraduate Research. 1-12 Credit Hours.
Independent research conducted under the guidance of a faculty member.

APPH 4801. Special Topics. 1 Credit Hour.
Topics of current interest in applied physiology.
APPH 4802. Special Topics. 2 Credit Hours.
Topics of current interest in applied physiology.

APPH 4803. Special Topics. 3 Credit Hours.
Topics of current interest 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.

APPH 4832. Special Topics. 2 Credit Hours.
Topics of current interest in applied physiology.

APPH 4833. Special Topics. 3 Credit Hours.
Topics of current interest in applied physiology.

APPH 4834. Special Topics. 4 Credit Hours.
Topics of current interest in applied physiology.