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further applies  
these concepts  
from exercise  
physiology  
specifically to  
training the athlete

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Sport And  
athlete  
performance within  
a specific sport.

Exercise and sport  
physiology is about  
improving  
performance, by  
knowing how the  
body functions  
during exercise,  
and using scientific  
principles to allow  
your body to train



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better, perform  
better and recover  
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uses this  
information to:  
increase CHO  
stores, decrease  
rate of CHO use  
and improve diet.  
Exercise physiology

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discovered overtraining. Sports physiology used this to design an exercise program to reduce risk.

ACUTE

PHYSIOLOGICAL

RESPONSE TO

EXERCISE. Body

response to an

individual bout of

exercise

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What is Physiology?  
Exercise physiology  
& Sports ...

Both exercise  
science and  
exercise physiology  
are terms that  
describe a field of  
study devoted to  
understanding the  
acute and chronic  
responses to  
exercise, physical  
activity and sport.

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Though not an absolute rule, academic programs in exercise physiology typically have more uniform and standardized physiology-based curricula.

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metabolic demands of exercise and training, and their implications for participation in sport and for the maintenance of good health.

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trained and assessed by exercise physiologists to optimize performance.

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It is one of the allied health professions that involves the study of the acute

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responses and  
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