

University of Montana

ScholarWorks at University of Montana

University of Montana News Releases, 1928,
1956-present

University Relations

3-10-1976

Exercise and Health' course offered in Spring at University

University of Montana--Missoula. Office of University Relations

Follow this and additional works at: <https://scholarworks.umt.edu/newsreleases>

Let us know how access to this document benefits you.

Recommended Citation

University of Montana--Missoula. Office of University Relations, "Exercise and Health' course offered in Spring at University" (1976). *University of Montana News Releases, 1928, 1956-present*. 27027.
<https://scholarworks.umt.edu/newsreleases/27027>

This News Article is brought to you for free and open access by the University Relations at ScholarWorks at University of Montana. It has been accepted for inclusion in University of Montana News Releases, 1928, 1956-present by an authorized administrator of ScholarWorks at University of Montana. For more information, please contact scholarworks@mso.umt.edu.



IMMEDIATELY

'EXERCISE AND HEALTH' COURSE
OFFERED IN SPRING AT UNIVERSITY

sale/jfm/rb
3-10-76
local + cs

MISSOULA--

A course entitled "Exercise and Health" will be offered during the 1976 spring quarter at the University of Montana in Missoula by the UM Department of Health, Physical Education and Recreation (HPER).

The course, listed at UM as HPER 460--section 9, will explore the prophylactic and theraputic effects of exercise as well as undesirable side effects and contraindications to exercise. Topics include the effects of acute and chronic exercise on the respiratory, cardiovascular and neuromuscular systems; metabolism and weight control; resistance to disease; mental health, and relaxation.

The course is designed to meet the needs of those whose professional or personal interests require a greater understanding of the benefits and limitations of exercise. Lectures, discussions, laboratory and exercise sessions will be conducted. The course, open to anyone interested, is not specifically intended for physical education majors.

The limited-enrollment course will be taught in the HPER Human Performance Laboratory at UM by Dr. Brian J. Sharkey, professor of HPER at UM, who is laboratory director. Sharkey is a fellow in the American College of Sports Medicine. He is author of two books on exercise physiology and fitness as well as numerous research articles dealing with the prescription of exercise.

Classes in the "Exercise and Health" course will meet at 2 p.m. Tuesday and Thursday beginning April 1. Laboratory and exercise sessions will be arranged. Participants can earn two graduate or undergraduate credits for successfully completing the course.