



Foundations of Exercise Physiology for Indoor Cycling Instructors (aka Exercise Physiology 101)

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This outline is meant to be very general, and may not represent the order in which we will cover the various topics. **I strongly recommend that you bring a notebook.**

Principles of Exercise Physiology:

Frequency
Intensity
Time
Overload
Specificity
Reversibility
Individual Differences

What is exercise physiology?

1. Responding to Exercise
2. Adjusting to Exercise
3. Adapting to Exercise

Introduction to:

Cardiovascular system
Muscular system
Metabolism