**运动生理学（16.003.0.2）**

运动生理学是人体生理学的重要分支，主要研究运动过程中人体各器官功能所发生的变化规律及机制，是物理治疗学中一门重要的应用基础理论学科。本课程是康复治疗学的专业基础课，通过揭示体育运动对人体机能影响的规律及机理，阐明运动训练、体育活动教学和运动健身过程中的生理学原理，研究人体对急性运动的反应和在长期运动训练的适应所引起的结构和机能的变化，探讨人体运动能力发展和完善的生理学机理，能够运用运动生理学科学知识制定运动处方，为学习运动康复、心肺康复、肌骨康复相关应用课程奠定基础。

( 英文 )

Exercise Physiology is an important branch of human physiology, which mainly explores the laws and mechanisms of changes in the function of human organs during the movement as an impovtant applied basic theory subject in physio therapy. It is a professional basic course for rehabilitation therapy to reveal the impact of sports on the human body function and mechanism, to introduce the principle of sports training, physical education and sports fitness to explore human response to acute exercise and exercise training in long-term adaptation to explore the mechanism of the human body's physiological development and improvement, to apply scientific knowledge in formulating exercise prescription in order to lay the foundation for studying exercise physiotherapy, cardiocpulmonary therapy and musculoskeletal physiothepy.