

KINE 4702 - Exercise and Skeleton

Why is osteoporosis often considered to be a pediatric disease? This course provides an in depth exploration of how the skeleton responds to mechanical stimuli, or lack of loading, during different life stages. We also investigate factors, from the molecular to full body levels, that interplay with mechanical loading on bone development throughout life. The relative effects of different sports and exercise on the skeleton are examined. The course also covers the major methods of bone assessment and their abilities and limitations. Students learn what constitutes an osteogenic exercise program for various populations, and how to construct one.

Restriction: Restricted to students in third or final year of study.