Children's Exercise Physiology

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Exercise physiology is the physiology of physical exercise. It is one of the allied health professions that involves the study of the acute responses and chronic adaptations to exercise. Understanding the effect of exercise involves studying specific changes in muscular, cardiovascular, and neurohumoral systems that lead to changes in functional capacity and strength due to endurance training or strength training. The effect of training on the body has been defined as the reaction to the adaptive Canadian Society for Exercise Physiology position paper: resistance training in children and adolescents. Behm DG1, Faigenbaum AD, Falk B, Klentrou P. Author information. Increases in children's muscular strength have been attributed primarily to neurological adaptations due to the disproportionately higher increase in muscle strength than in muscle size. Exercise physiology is the study of the function of the human body in response to acute and chronic physical activity. The mission of the Cardiopulmonary Exercise Physiology Lab at Nationwide Children's is to assess the ability of patients to perform physical activities at home, school, work and recreation. The exercise physiology lab is equipped and staffed to perform clinical exercise testing, rehabilitative exercise and clinical research. Additional services include stress echocardiography and exercise prescription.