



Note on Exercise Physiology and its Objectives

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ARTICLE HISTORY

Received: 26-May-2022, Manuscript No. AJPBP-22-65114;

Editor assigned: 30-May-2022, PreQC No. AJPBP-22-65114 (PQ);

Reviewed: 13-Jun-2022, QC No AJPBP-22-65114;

Revised: 20-Jun-2022, Manuscript No. AJPBP-22-65114 (R);

Published: 28-Jun-2022

Description

Exercise physiology is the study of the physiological effects of physical activity. It is one of the allied health professions that studies acute and chronic reactions to exercise. Exercise physiologists are the most highly trained exercise experts, and they use education, lifestyle changes, and specialised types of exercise to treat and rehabilitate acute and chronic injuries and diseases. Studying precise changes in the muscular, cardiovascular, and neurohumoral systems that contribute to changes in functional capacity and strength as a result of endurance or strength training is key to understanding the effect of exercise. The reaction to the adaptive adaptations of the body coming from exercise, or “an increase of metabolism induced by exercise,” has been characterised as the effect of training on the body.

Exercise physiology is a subspecialty of physiology. These doctors research the body’s reactions to physical exercise as well as how the body adapts to physical activity over time. Exercise physiologists are in charge of training customers to achieve higher levels of physical fitness and better health while also being aware of the risks connected with single-session exercise.

The two types of exercise physiology are sport and clinical. Sport exercise physiology is concerned with athletes. Sport physiologists construct training programmes for athletes based on their understanding of the body’s reaction to exercise. Non-clinical exercise physiology is very similar to sport physiology, but the scope is widened to include healthy non-athletes who are looking to lose weight and/or gain fitness. Clini-

cal exercise physiology is very similar to sport physiology, but the scope is widened to include healthy non-athletes who are looking to lose weight or gain. Fitness conditioning, for example, is the process of training to become more physically fit through periods of exercising and relaxing certain muscles. The use of physical activity for the therapy, treatment, and prevention of chronic illnesses is known as clinical exercise physiology. Diabetes is one illness that can be helped by exercise. Because exercise makes use of the body’s stored glucose, a diabetic can use it to assist control their blood sugar levels. Osteoporosis, or the loss of bone tissue that happens in old age, is another illness that may be addressed with exercise treatment. Osteoporosis can cause joint discomfort and make it difficult to move. Clinical exercise physiologists work with patients to teach them how to exercise safely while minimising discomfort, and they may propose activities that are gentler on the joints, such as swimming. Because it boosts serotonin levels and decreases stress, exercise is occasionally used as part of a treatment for anxiety and depression, either as a standalone illness or as a result of a medical ailment.

There are two distinct goals of exercise physiology:

The use of that knowledge to develop activities and programs that establish, maintain, and promote physical fitness. Knowing how your body reacts to brief bursts of physical exercise and how it adjusts to repeated bouts of physical activity over time can have a significant influence on your health and help you achieve a greater level of fitness and/or health in the long run.