

## NPTEL Video Lecture Topic List - Created by LinuXpert Systems, Chennai

NPTEL Video Course - Humanities and Social Sciences - NOC:Introduction to Exercise Physiology and Sports Performance

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Co-ordinating Institute - IIT - Madras

Sub-Titles - Available / Unavailable | MP3 Audio Lectures - Available / Unavailable

- Lecture 1 - Focus of Exercise and Sports Physiology
- Lecture 2 - Evolution of Exercise Physiology
- Lecture 3 - Acute and Chronic response to Exercise
- Lecture 4 - Functional Anatomy of Skeletal muscle
- Lecture 5 - Skeletal muscle and Exercise
- Lecture 6 - Bioenergetics - Part 1
- Lecture 7 - Bioenergetics - Part 2
- Lecture 8 - Cardiovascular System and Exercise - Part 1
- Lecture 9 - Cardiovascular System and Exercise - Part 2
- Lecture 10 - Cardiovascular System and Exercise - Part 3
- Lecture 11 - Respiratory System and Exercise - Part 1
- Lecture 12 - Respiratory System and Exercise - Part 2
- Lecture 13 - Respiratory System and Exercise - Part 3
- Lecture 14 - Neurophysiology and Exercise - Part 1
- Lecture 15 - Neurophysiology and Exercise - Part 2
- Lecture 16 - Endocrine responses to Exercise - Part 1
- Lecture 17 - Endocrine responses to Exercise - Part 2
- Lecture 18 - Endocrine responses to Exercise - Part 3
- Lecture 19 - Exercise in Children and Adolescents - Part 1
- Lecture 20 - Exercise in Children and Adolescents - Part 2
- Lecture 21 - Exercise Prescription and Training principles - Part 1
- Lecture 22 - Exercise Prescription and Training principles - Part 2
- Lecture 23 - Adaptations to aerobic and anaerobic training - Part 1
- Lecture 24 - Adaptations to aerobic and anaerobic training - Part 2
- Lecture 25 - Adaptations to aerobic and anaerobic training - Part 3
- Lecture 26 - Body temperature regulation
- Lecture 27 - Physiological response to Exercise in Heat and Cold
- Lecture 28 - Acclimation to Heat and Cold
- Lecture 29 - Health Risks during Exercise in Heat and Cold

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- Lecture 30 - Exercise and Sports performance at Altitude
- Lecture 31 - Hydration and Fluid Balance - Part 1
- Lecture 32 - Hydration and Fluid Balance - Part 2
- Lecture 33 - Body composition and its Implications - Part 1
- Lecture 34 - Body composition and its Implications - Part 2
- Lecture 35 - Body composition and its Implications - Part 3
- Lecture 36 - Role of performance testing
- Lecture 37 - Performance testing in aerobic sports
- Lecture 38 - Performance testing in anaerobic sports
- Lecture 39 - Role of exercise in disease prevention
- Lecture 40 - Role of exercise in Disease management