

Exercise: From Cell to Society

Instructor: Dr. Sobia Iqbal

This interdisciplinary course examines exercise from the perspectives of arts and science. Each lesson will explore the complexity of exercise through different lenses, allowing you to learn the diverse impacts of exercise. Perspectives include those from cellular biology, physiology, psychology, neuroscience, medicine, socio-political, and business. The focus of this course will be to examine how exercise is a vehicle by which individuals can achieve better physical and mental health. Exercise adaptations for individual ranging from cellular changes to chronic disease and altered lifespan will be explored. Physical activity is innately intertwined with the human mind as a motivator, cognitive enhancer, and emotional regulator: these aspects will also be explored throughout the course. In addition, we will examine the unique perspective of elite athletes.

The impact of exercise extends beyond oneself and also affects society, politics, and business, and in turn these dimensions can influence the provisions and structure of exercise. A country's quest to obtain international honours and medals by its citizens has important political dimensions that will be discussed in this course. The business of physical activity should also not be overlooked. The sports industry is a lucrative business that impacts society, knowingly and unknowingly. This course will discuss the marketing and economics of elite athletic competitions.

The final assignment for this course serves as a capstone project. The project will be unique for every student in the course. Students must combine their minors when deciding on the subject of their project.