

Exercise Physiology is one of the major sub-disciplines of Sport and Exercise Science, and evolved from its parent discipline physiology. Sports physiology and exercise physiology are often used interchangeably, but there are subtle differences between the two. Wilmore and Costill (2004) clearly distinguish between these in the following definitions:

“Exercise Physiology is the study of how our bodies' structures and functions are altered when we are exposed to acute and chronic bouts of exercise.”

“Sports Physiology further applies the concepts of exercise physiology to training the athlete and enhancing the athlete's sport performance.”