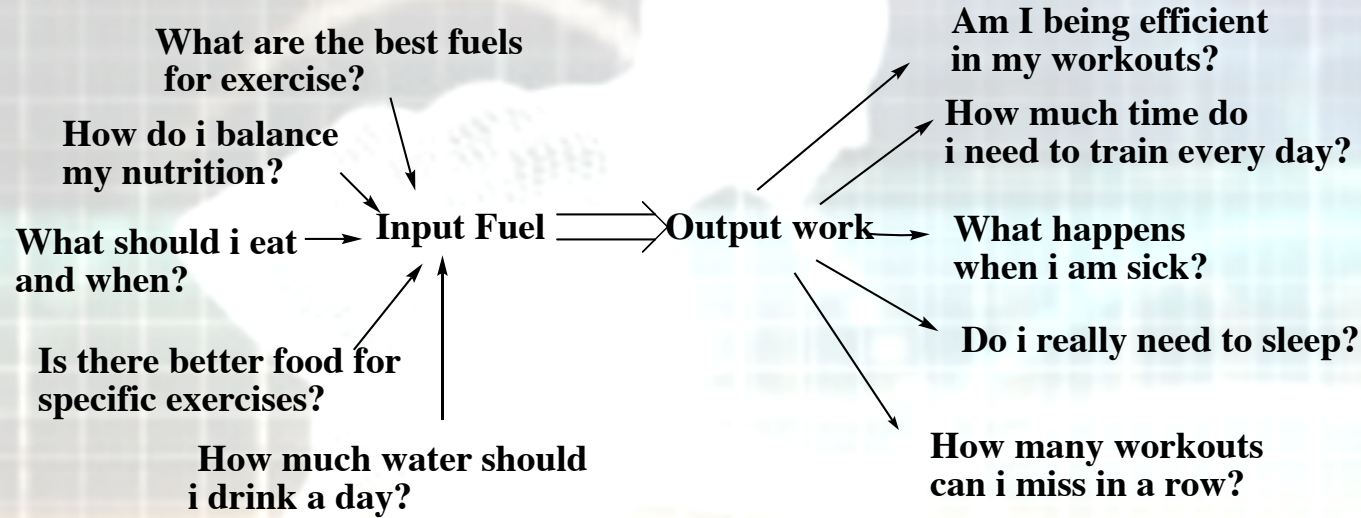


ES.010 Chemistry of Sports: Understanding How Exercise Affects Your Body

Have you ever wanted to learn how exercise affects your body at a molecular level? Or how to approach an exercise program as a scientific experiment to improve your personal health?



This seminar is designed to give you the tools to do just that! We will look at different training methods, and nutrition to self-design an exercise program to achieve your goals. The COVID-19 has affected us in many ways, including how we are able to carry out an exercise program. We will give you tools to be able to adjust your lifestyle to be as healthy as you can be during this pandemic. The seminar will be virtual so anyone from anywhere can participate.

This class is run by Patti Christie (patti@mit.edu) and Steve Lyons (sjlyons@mit.edu) who have been co-teaching this interactive, hands on seminar for the last 13 years. The seminar meets on Tuesdays from 3 to 5 pm on Zoom and is a 6 unit pass/fail seminar. If you want more information, feel free to send email to patti@mit.edu.

Time: Tuesdays from 3 to 5 pm
Where: on Zoom (contact patti@mit.edu for link)
6 unit seminar Pass/Fail
Open to all