

Want to have the tools to apply the experimental method to exercise?

Thinking about becoming more efficient in your workout?

How much do you really need to eat to fuel your body properly?

Thought about doing a triathlon and have no thoughts on how to start training?

Then the Chemistry of Sports is the seminar for you

ES.010 meets Tuesdays from 3 pm to
5 pm in 24-619

6 unit seminar Pass/Fail

Taught by Patti Christie (patti@mit.edu)
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