

# DEPARTMENT OF EXERCISE SCIENCE

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## Faculty

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## Staff

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## Description

Programs in the Department of Exercise Science utilize course work in all aspects of human performance including the natural sciences, human physiology, anatomy, metabolic and muscular systems, and research and testing protocols.

## Research and Facilities

The Department of Exercise Science research effort centers on the investigation of health-related aspects of exercise. Department faculty research is integrative and allows for study at the cellular, tissue, and whole organism level.

General research interests of faculty in the Exercise Science Department include:

- Anti-inflammatory effects of exercise
- Effect of gene and environmental interactions on human athletic ability, health and disease
- Skeletal muscle adaptations to disuse and aging
- Obesity and Diabetes
- Neuromuscular physiology, muscle strength and aging
- Biomechanics, gait, balance and fall risk

We also collaborate with the SUNY Upstate Medical University on projects and share some research and laboratory space. Collaborative research, clinical and educational opportunities are available for our students through SUNY UMU as well. The Institute for Human Performance, part of the SUNY UMU campus, is a 40,000 square foot facility of dedicated laboratory space for research in Human Performance.

Additional Exercise Science research facilities include:

- Clinical Research Laboratory
- Human Performance Laboratory
- Altitude Simulation Laboratory
- Kinesmetrics Laboratory
- Neuromuscular Physiology Laboratory
- System Motor Control and Biomechanics Laboratory
- Neural Health Research Lab
- Applied Cardiovascular Physiology Lab

## Programs

- Exercise Science Minor (<https://coursecatalog.syracuse.edu/undergraduate/sport/exercise-science/exercise-science-minor/>)
- Health and Exercise Science, BS (<https://coursecatalog.syracuse.edu/undergraduate/sport/exercise-science/health-exercise-science-bs/>)