

# Biochemistry for sport and exercise science

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**What is the biochemistry of sports and exercise?** Exercise biochemistry is the study of the biochemical and metabolic changes that occur in the body with physical activity, including the effects of exercise intensity, duration, and type.

**What is sports and exercise science nutrition?** Sport and Exercise Nutrition gives you the opportunity to gain specialist knowledge and skills in food science and manufacturing so you are able to advise on diet, evaluate treatments, write health reports and analyse food.

**What is the science of sport and exercise psychology?** The field of sport and exercise psychology is an interdisciplinary science that explores the relationship between various psychological factors and participation in sport and/or physical activity.

**What is physiology in sport and exercise science?** Physiology - the branch of the biological sciences that is concerned with the way that the body responds to exercise and training. Psychology - the branch of sport and exercise science that seeks to provide answers to questions about human behaviour in sport and exercise settings.

**What are the biochemical effects of exercise?** The oxidative stress generated by increased mitochondrial activity during exercise liberates Nrf2 from an inactivating complex in the cell cytoplasm, allowing it to enter the nucleus where it can dial up levels of antioxidant enzymes such as superoxide dismutase, glutathione synthetase, and heme oxygenase.

**What is biochemistry in physical science?** Biochemistry explores chemical processes related to living organisms. It is a laboratory-based science combining biology and chemistry. Biochemists study the structure, composition, and chemical

reactions of substances in living systems and, in turn, their functions and ways to control them.

**What's the difference between sports science and sport and exercise science?**

sport science is more about sports performance, while exercise science is more about health and wellbeing. Both use sciences like biomechanics (how the body moves), physiology (how the body works), and psychology (how the mind works) but in different ways.

**What is MSc sport and exercise nutrition?** The MSc Sport and Exercise Nutrition degree is made up of five individual modules designed to equip you with the knowledge and tools needed to excel in the rapidly growing field of performance nutrition as a SENr registered practitioner.

**What is nutrition for sport and exercise?** Good nutrition can enhance sporting performance. A well-planned, nutritious diet should meet most of an athlete's vitamin and mineral needs, and provide enough protein to promote muscle growth and repair. Foods rich in unrefined carbohydrates, like wholegrain breads and cereals, should form the basis of the diet.

**What is the biochemistry of muscular activity?** The readily apparent mechanical manifestations of muscle contraction – force and power generation - are underpinned by a series of linked biochemical reactions. These reactions include the energy-providing ATP hydrolysis and those involved in regenerating ATP over both short and long time scales.

**What biochemical processes are involved in energy production during exercise?** Three metabolic pathways generate the energy required to perform an exercise: the phosphagen pathway, the glycolytic pathway, and the oxidative pathway, together known as the energy systems.

**What is the biochemistry of anaerobic exercise?** The biochemistry of anaerobic exercise involves a process called glycolysis, in which glucose is converted to adenosine triphosphate (ATP), the primary source of energy for cellular reactions. This type of exercise leads to a buildup of lactic acid. All-out Exercise does significantly increase blood lactate levels.

**What is the study of sports and exercise?** Sport and exercise science is the study of science and the application of scientific principles to understand how the body responds to the challenge of physical activity. Among other scientific disciplines, it involves an understanding of physiology – the science of life.



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