

Center for Exercise Science

The Center for Exercise Science researchers are engaged in studies designed to improve our understanding of the basic mechanisms that underlie exercise-induced changes in the body at the organ, tissue, cellular and molecular level. Further, CES scientists are investigating applied topics such as the development of rehabilitation techniques for regaining motor control after stroke, maintaining optimal health and delaying age-related declines in physiological function.

The primary goal of scientists in CES is to improve human health by advancing knowledge through research. Moreover, CES provides an outstanding laboratory environment to educate University of Florida students and post-doctoral fellows who will become the next generation of health-related exercise scientists and clinicians.

To achieve its mission, scientists associated with the CES are pursuing a research agenda organized around four primary themes:

- Physiological, biochemical, and molecular studies related to aging, cardiovascular health and muscular skeletal health
- Biomechanics and motor control investigations aimed at optimizing rehabilitation from neuromuscular disorders and maintaining bone and joint health
- Psychological studies that focus on exercise adherence, eating disorders and the role of physical activity in the promotion of self-esteem and prevention/treatment of affected disorders.
- Athletic training/sports medicine studies involving both basic science and clinical issues related to injury prevention and care for the physically active.