



# Iceland

## Environmental Physiology

EXS 430

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This is a spring semester course that includes travel to Iceland for a field lab in mid-May after final exams. The course focuses on learning about the various forms of environmental stress and how the resulting human organism responds physiologically to them. Through lectures and labs, students will study how physical performance is affected by environmental stressors such as heat and cold, as well as hypobaric, hyperbaric and microgravity environments. In Iceland, students will have hands-on experience studying acute cold exposure on the cardiovascular, respiratory and neuromuscular systems. Highlights of travel in Iceland also include hiking on Thorsmörk and Valahnúkur Mountain and the Tindfjöll trail, canyoning and ice climbing on the Eyjafjallajökull Volcano and Glacier, exploring the city of Reykjavik and relaxing in the Blue Lagoon. This course is open to sophomores, juniors, and seniors with a particular interest in human physiology or health science.

For more information visit the Global Education Program,  
Decary 126 or [www.une.edu/global/ed](http://www.une.edu/global/ed)



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