



# Scotland

## Environmental Physiology

EXS 430 or BIO 3xx (3 credits)

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This is a spring semester course that includes travel to Scotland for a field lab in mid-May after final exams. The course focuses on 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 Scotland, students will study the combination of a period of rich history in the 1300s while also examining the physiological and environmental stresses experienced by the Scottish Army marching over the country's rugged coastline and challenging highlands.

Highlights will include exploring the cities of Stirling, Fort William and Edinburgh, and traveling through the Scottish Highlands' Grampian and Monadhliath Mountains, and viewing Ben Nevis, Britain's highest mountain. Students will travel to the breathtaking Isle of Skye, passing Eilean Donan Castle, stopping at the Trotternish Ridge with its spectacular cliffs and rock formations, and viewing the dramatic sea cliffs of Neist Point.

Course is open to sophomores, juniors, and seniors with particular interest in human physiology or health science.

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