ES 456: Exercise Testing & Prescription
Health, Exercise Sci & Recreation Mgmt
Scientific foundations of conditioning, a life-span approach with specific attention to exercise prescription. Students dropping ES 456 also must drop ES 457.
3 Credits
Prerequisites
- ES 348: Physiology of Exercise
- ES 349: Physiology of Exercise Laboratory
Corequisites
- ES 457: Exercise Testing & Prescription Lab
Instruction Type(s)
- Lecture: Lecture for ES 456
Subject Areas
- Health and Physical Education, General
- Kinesiology and Exercise Science
Related Areas
- Health and Physical Education, General
- Health and Physical Education/Fitness, Other
- Kinesiology and Exercise Science
- Socio-Psychological Sports Studies