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