ES 613: Health Aspects of Physical Activity

HEALTH, EXERCISE SCI & RECREATION MGMT

An examination of the role of physical activity as it relates to health status with an emphasis on the use of exercise in mediating risk factors, and a critical analysis of the exercise epidemiological literature.

3 Credits

Instruction Type(s)
- Lecture: Lecture for ES 613

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