

## 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

- [Math 121: College Algebra](#)
- [ES 348: Physiology of Exercise](#)
- [ES 349: Physiology of Exercise Laboratory](#)
- Pre-Requisite: 24 Earned Hours

#### 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/Fitness, Other](#)
- [Socio-Psychological Sports Studies](#)
- [Sport and Fitness Administration/Management](#)

