

## 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

- <u>Math 121: College Algebra</u>
- 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
- <u>Kinesiology and Exercise Science</u>

#### **Related Areas**

- Health and Physical Education/Fitness, Other
- <u>Socio-Psychological Sports Studies</u>
- Sport and Fitness Administration/Management

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