

## 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/Fitness, Other
- Socio-Psychological Sports Studies
- Sport and Fitness Administration/Management

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