

## **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](#)
- [Sport and Fitness Administration/Management](#)
- [Sports Studies](#)

