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

- 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
- Sport and Fitness Administration/Management

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