

## 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](#)
- [Sports Studies](#)

