

## 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](#)

