

# ES 456: Clinical 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

### 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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