

## **ES 201: Exercise as Medicine**

### **[Health, Exercise Sci & Recreation Mgmt](#)**

This course will provide students with an overview of the role of exercise for improving and maintaining health. Throughout this course, students will learn about the general principles of exercise design, adaptations that occur in response to chronic exercise, and how exercise can contribute to prevention and management of various chronic diseases, such as cardiovascular disease, diabetes, and cancer.

3 Credits

### **Instruction Type(s)**

- Lecture: Lecture for ES 201

### **Subject Areas**

- [Kinesiology and Exercise Science](#)

### **Related Areas**

- [Health and Physical Education, General](#)
- [Health and Physical Education/Fitness, Other](#)
- [Sport and Fitness Administration/Management](#)
- [Sports Studies](#)

