

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

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.

