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