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