

## **ES 358: Exercise Testing and Prescription**

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

This course is designed to introduce and develop professional competencies necessary to function as an exercise professional in human performance, fitness, and clinical settings. The practical training in this course will be consistent with professional guidelines and certification requirements outlined by the American College of Sports Medicine, American Council on Exercise, National Academy of Sports Medicine, and the National Strength & Conditioning Association. Lectures will address the principles of common physical assessments used in sport, fitness, and clinical settings, and fundamentals of exercise program design for sport performance and fitness development. In addition, we will cover the selection of appropriate assessments, results interpretation, and the application of assessment results for human sport performance training, exercise prescription, and healthy lifestyle practices. Laboratory experiences will include assessments of pre-assessment information and evaluation, body composition, musculoskeletal fitness, cardiopulmonary function, and exercise tests for functional capacity and cardiovascular fitness.

3 Credits

### **Prerequisites**

- Pre-Requisite: 24 Earned Hours

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

- Lecture: Lecture for ES 358

### **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](#)

