

# 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

