

## **ES 458: Clinical Exercise Testing and Prescripti** **Health, Exercise Sci & Recreation Mgmt**

This course is designed to examine and apply the principles of exercise prescription for normal and special cases. The current recommendations from the American College of Sports Medicine, the American Heart Association, the U.S. Surgeon General, the Centers for Disease Control and Prevention, and other expert panels will be reviewed for developing and maintaining health and physical fitness in the general population. The overarching principles of "Exercise is Medicine" will be applied as we explore epidemiology, etiologies, and the physiological evidence for specific exercise strategies to address chronic health conditions. Emphasis will be placed on developing specific exercise strategies for individuals with morbidities and comorbidities that limit normal physical function. We will take an evidence-based approach for prescribing, monitoring, and modifying exercise and physical activity, as part of an overall therapeutic strategy, to ameliorate disease progression and enhance well-being.

3 Credits

### **Prerequisites**

- [ES 348: Physiology of Exercise](#)
- [ES 349: Physiology of Exercise Laboratory](#)
- Pre-Requisite: 24 Earned Hours

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

- Lecture: Lecture for ES 458

### **Subject Areas**

- [Kinesiology and Exercise Science](#)

### **Related Areas**

- [Health and Physical Education, General](#)
- [Health and Physical Education/Fitness, Other](#)
- [Sport and Fitness Administration/Management](#)

