

EXS 240: Exercise Diagnosis and Prescription

This course will use components of exercise physiology and exercise prescription to study the impacts of physical activity and exercise on clinical and non-clinical populations. Particular emphasis will be placed on the acute and chronic effects of physical activity and exercise on pulmonary and cardiovascular health, metabolism, musculoskeletal health, body composition, and quality of life both in the presence and absence of disease. Students will also perform both clinical and field assessments to assess an individual's preparedness for physical activity and develop appropriate exercise prescriptions for individuals at low, moderate and high clinical risk.

Credits: Credits 3

Semester Offered:

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Offered fall semester.