

## EXSS 416: HLT FITNESS SPECIALIST APP CAPSTONE

This course focuses on an evidence-based approach to developing training programs for the improvement of health and fitness. The course will review the acute and chronic responses of exercise and their relationship to established training principles and science-based training practices. Students will learn to apply much of their earlier coursework to design and present a final integrative project.

**Credits:** 3

**Prerequisites:**

Only Exercise Science BA students with senior standing may take this course.

**Department:** [Exercise Science](#)