

EXSS 358: EXER ASSESSMENT & PRESCRIPTION (P1)

This course teaches and develops techniques for assessing blood pressure, heart rate, body composition, aerobic fitness, and muscular fitness. Students learn exercise principles, and the basics of exercise prescription. Students can expect to engage in significant physical activity in this course.

Fee required.

Credits: 3

Prerequisites:

A grade of "C" or better in [EXSS 197](#) and [EXSS 351](#).

Department: [Exercise Science](#)