

## EXSS 141: INTERVENTIONAL EXERCISE

This course introduces students to the art and science of exercise self-improvement. They will learn how to assess and implement movement principles to any activity, and what is known about the etiology of injury. Students will learn a reductionist approach to movement limitations, common injuries, and simple interventions to help reduce pain and improve movement. In addition, students will learn the latest science on how to prepare for athletic events and outdoor activities, and basic tips on health and nutrition to improve performance. This course will introduce the concept of exercise to develop knowledge, skills, and abilities around physical activity to all current and aspiring exercise and health professionals and those wishing to incorporate physical activity into their own lives, workplaces, and communities.

**Credits:** 3

**Prerequisites:**

PHE 142

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