

EXSS 350: EXERCISE IS MEDICINE (R)

This course introduces students to the concepts and underpinnings of exercise is medicine. Students will expand on their study of both physiology, exercise, and the role exercise plays in the treatment of chronic diseases like cardiovascular and metabolic disorders. The course is broad in scope, presenting the most current science-based evidence on the application of exercise physiology and medicine.

Credits: 3

Prerequisites:

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

Department: Exercise Science