

### **ES 4600: Exercise Prescription**

#### **3 Credit Hours**

*Prerequisite: Exercise Science major; ES 4500 and ES 4550. Corequisite: ES 4650*

This course introduces students to methods utilized in creating exercise prescriptions and developing exercise programs. Emphasis is placed on developing and delivering safe and valid exercise prescriptions.

### **ES 4650: Exercise Testing**

#### **3 Credit Hours**

*Prerequisite: Exercise Science major; ES 4500 and ES 4550. Corequisite: ES 4600*

Exercise Testing is a detailed examination of various fitness assessments. This course emphasizes current test procedures used for determining body fat percentage, maximum oxygen uptake, maximum power output, and muscular strength and endurance. This course thoroughly familiarizes students with lab procedures, test protocol, and the interpretation.

### **ES 4700: Clinical Exercise Physiology**

#### **3 Credit Hours**

*Prerequisite: Exercise Science major; ES 4500 and ES 4550.*

This course is designed to address the clinical aspects and implications of exercise physiology principles for those with or at risk of developing cardiovascular, pulmonary or metabolic disease.

### **ES 4800: Clinical Biomechanics**

#### **3 Credit Hours**

*Prerequisite: 2.75 Institutional GPA, Exercise Science major, ES 3800.*

This course includes a survey of acute and chronic activities related to injury and biomechanical mechanisms. The course will expose students to basic kinetic and kinematic analyses. The course includes an examination of contemporary theories of prevention using a biomechanical perspective.