

ESS 421 : Exercise Prescription (+lab)

This course centers on the development of skills and knowledge related to exercise testing, prescription, measurement and evaluation in both the health and chronic disease populations. Topics include medical/health screening, exercise test administration and evaluation, metabolic calculations, exercise program development and medications specific to chronic disease. This course closely follows the American College of Sports Medicine Certified Exercise Physiologist (C-EP) curriculum. Upon complete of the course, students will be prepared to take the C-EP (seniors) or Certified Personal Trainer (Juniors) certification exams.

Credits 4

Prerequisite Courses

[ESS 324: Exercise Physiology \(+lab\)](#)

Semester Offered

Offered spring