

# ESS 225 : Introduction to Exercise Science and Health Sciences

This course will explore various concepts related to the fields of exercise and health sciences. Specific focus will be on disciplines of health science, exercise and nutrition prescription, behavior modification and movement physiology. Students will explore possible career opportunities that are available with a major of exercise or health sciences. Class activities will include readings, classroom discussions, written assignments and laboratory activities. This is a writing intensive class

**Credits** 4

**Proficiency**

WI

**Semester Offered**

Offered fall