

## EXSC 410: Exercise Testing & Prescription for Spec

Exercise testing and prescription for patients/clients with specific diseases or conditions. The associated pathophysiology, risk factors, exercise responses, and issues of concern will be discussed as they relate to children, pregnancy, older adults and those with disease(s) involving the cardiovascular, pulmonary, metabolic, musculoskeletal, neuromuscular, and immunologic systems. Three lecture hours and three laboratory hours.

**Credits:** 4

**Lab Hours:** 3

**Lecture Hours:** 3

**Program:** Athletic Training & Exercise Science