

# HSC 415 : Exercise Rx - Health & Disease

This course presents a comprehensive overview of the physical, physiological and metabolic responses of the human body to exercise testing and training in both health and disease. The successful student will gain an understanding of the processes involved in prescribing safe and effective therapeutic exercise in healthy individuals as well as patients with heart and lung disease, diabetes and obesity. The laboratory component will include instruction of clinical exercise testing. Restricted to HSC majors or by permission of the Health Sciences Program Director.

**Credits** 4

**Prerequisites**

SCI 310

**Corequisites**

HSC 415L