

## EX 320: Health and Fitness Testing

Explores the scientific and theoretical basis for graded exercise testing and prescription writing. Introduces the procedures, methods, and technical skills involved in the evaluation of human subjects. Includes a three-hour lecture and a two-hour laboratory.

**Hours:** 3

**Fees:** \$90 fee

**Prerequisites:**

BI 275 and MA 200.

**Program:** Exercise Science

**Semester Offered:**

Fall,

Spring