

EX 400: Health Promotion and Exercise Prescription

Explores current health promotion trends and programs designed to facilitate behavioral and lifestyle changes through exercise and nutritional prescription. Emphasizes the development, implementation, and evaluation of health promotion programs. Work with a client to implement a program over a 7 week period.

Hours: 3

Fees: \$38 fee

Prerequisites:

"C" or better in EX 320.

Program: Exercise Science

Semester Offered:

Fall,

Spring