

MSES 540 : Exercise Prescription & Chronic Disease

This course provides you with an overview of exercise prescription for healthy, chronic disease, and vulnerable populations. In addition to exercise prescription guidelines, topics covered will include pathophysiology of chronic disease, lifestyle and behavior modification techniques and the role of the health care system in the prevention of and management of chronic disease. Attention will also focus on the role of exercise for enhancing health for vulnerable populations to include children, the elderly and those with disabilities.

Credits 4