

## HHP 225 Exercise Testing and Programming

3 hours

### Majors, Minors & Degrees:

#### **Majors**

Exercise Science (B.S.)

Health and Fitness Studies (B.S.)

#### **Minors**

Exercise Science

Health and Fitness Studies

### Departments/Programs:

Health and Human Performance

A course designed to provide students with the opportunity for instruction in graded exercise testing as well as other modes of fitness assessment. Students will receive instruction in the art of exercise and wellness programming.

*Prerequisite(s): HHP-215.*

(Normally offered each spring semester.)