

# Physical Exercise Prescription

Syllabus Number

AHS-204

Elective

2 credit

ONISHI, Tomo

## 1. Course Description

Practical application of physiological principles related to the assessment of functional physical capacity and the prescription of exercise for healthy adult populations, based upon American College of Sports Medicine (ACSM) health-related fitness recommendations. Includes interpretation of health-related fitness assessment results and the prescription of appropriate fitness programs for improving muscle skeletal strength and flexibility, cardiorespiratory fitness, and weight loss.