

## 運動処方 II

Syllabus Number	AHS-302
OGAWA, Yoshiko	Elective 2 credit

### 1. Course Description

Physical inactivity is a strong predictor of mortality and is also risk factors for diseases such as hypertension, diabetes, dyslipidemia, obesity and cardiovascular disease. However, physical inactivity is a modifiable risk factor. Regular exercise has wide-ranging health benefits. This course provides an overview of exercise prescription. In this lecture, we discuss fundamental concepts of exercise, the benefits and risks of exercise, the assessments prior to exercise, and the prescription of exercise programs for healthy subjects and patients with various diseases.