



UNIVERSITY of
LOUISIANA
L A F A Y E T T E

Office of First-Year Experience

A Division of Academic Affairs

<https://firstyear.louisiana.edu>

Course: UNIV 100 – Section H02 **Theme:** Science & Health

Course Topic: *Exercise is Medicine*

Description: Metabolic diseases are a problem in many areas of the US, including most of the southern states. This class will examine the likely causes of this health crisis, and also the positive effects of regular exercise on health outcomes.