<table>
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<tr>
<th>Course Code: EL 151</th>
<th>Course Title: Weight Lifting</th>
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<tr>
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<td>Health, Exercise Sci &amp; Recreation Mgmt</td>
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<td>Grade:</td>
<td>Pass/Fail grade</td>
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<td>Credits:</td>
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**Instruction Type(s)**
- Lecture/Lab: Lecture/Lab for EL 151

**Course Fee(s)**
- Applied Science 2
  - $50.00

**Subject Areas**
- Health and Physical Education, General
- Kinesiology and Exercise Science

**Related Areas**
- Health and Physical Education, General
- Health and Physical Education/Fitness, Other
- Kinesiology and Exercise Science
- Socio-Psychological Sports Studies

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