EL 153: Sports Conditioning

Health, Exercise Sci & Recreation Mgmt

Intense physical conditioning course designed for competitive athletics.

Pass/Fail grade

1 Credit

Instruction Type(s)
- Lecture/Lab: Lecture/Lab for EL 153

Course Fee(s)
- Applied Science: $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