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