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/Fitness, Other