**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 when booked for:  
  - Spring, Second Spring, May, Full Summer, First Summer, Second Summer, August 2016-17  
  - Fall, First Fall, Second Fall, Winter, Spring, First Spring, Second Spring 2017-18

**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