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:
  ○ Fall, Second Fall, Winter, Spring, First Spring, Second Spring, May, Full Summer, First Summer, Second Summer, August 2016-17
  ○ Fall, First Fall, Second Fall 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