EL 155: Walking I

Health, Exercise Sci & Recreation Mgmt

This course introduces fitness through walking. Emphasis is on stretching, conditioning exercises, proper clothing, fluid needs, and injury prevention. Upon completion, students should be able to participate in a recreational walking program. Repeatable a total of four times. (1).

1 Credit

Instruction Type(s)
- Seminar; Seminar for EL 155

Subject Areas
- Kinesiology and Exercise Science

Related Areas
- Health and Physical Education, General
- Health and Physical Education/Fitness, Other
- Socio-Psychological Sports Studies