EL 251: Advanced Weight Lifting

**HEALTH, EXERCISE SCI & RECREATION MGMT**

Pass/Fail grade

1 Credit

**Instruction Type(s)**
- Lecture/Lab: Lecture/Lab for EL 251

**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

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http://catalog.olemiss.edu/2018/spring/undergraduate/applied-sciences/health-exercise-sci-recreation-mgmt/el-251