ES 100: Introduction to Exercise Science

An introduction to the faculty and courses in exercise science, with an emphasis on career planning and student development. Required for all exercise science majors during the first semester of program enrollment and recommended for anyone considering exercise science as a major.

Z grade
1 Credit

Instruction Type(s)
• Lecture: Lecture for ES 100

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