ES 402: Exercise Leadership

HEALTH, EXERCISE SCI & RECREATION MGMT

An overview of the educational concepts, performance techniques, program design, and leadership skills needed to teach individuals and group-led exercise programs.

3 Credits

Instruction Type(s)

- Lecture/Lab: Lecture/Lab for ES 402

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