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