

Health and Physical Education, General

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- [EL 103: Ropes Courses and Climbing Basics](#)
- [EL 105: Self Defense Activities](#)
- [EL 111: Cycling](#)
- [EL 117: Volleyball](#)
- [EL 118: Beginning Fencing](#)
- [EL 119: Archery](#)
- [EL 120: Intro to Lifetime Leisure Activities](#)
- [EL 124: Racquetball](#)
- [EL 129: Body Contouring and Conditioning](#)
- [EL 132: Canoeing](#)
- [EL 133: Backpacking](#)
- [EL 134: Kayaking](#)
- [EL 137: Bowling](#)
- [EL 139: Golf](#)
- [EL 142: Open Water Scuba Diving](#)
- [EL 147: Tennis](#)
- [EL 151: Weight Lifting](#)
- [EL 153: Sports Conditioning](#)
- [EL 154: Coaching Soccer](#)
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- [EL 158: Low Impact Aerobics](#)
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- [EL 169: Aqua Exercise](#)
- [EL 170: Beginning Swimming](#)
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- [EL 172: Advanced Swimming](#)
- [EL 173: Lifeguarding](#)
- [EL 174: Water Safety Instructor](#)
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- [EL 342: Master Diver](#)
- [EL 352: Coaching Football](#)
- [EL 353: Advanced Sports Conditioning](#)
- [EL 354: Coaching Basketball](#)
- [EL 355: Coaching Baseball-Softball](#)
- [EL 357: Coaching Volleyball](#)
- [EL 359: Coaching Track and Field](#)
- [EL 442: Dive Supervisor](#)
- [EL 453: Advanced Sports Conditioning](#)
- [ES 100: Introduction to Exercise Science](#)
- [ES 104: Sports in the Ancient World](#)
- [ES 319: Sport and Society](#)
- [ES 338: Motor Learning and Control](#)
- [ES 346: Kinesiology](#)
- [ES 347: Kinesiology Lab](#)
- [ES 348: Physiology of Exercise](#)
- [ES 349: Physiology of Exercise Laboratory](#)
- [ES 351: Measurement & Statistics in Exercise Sci](#)
- [ES 391: Trends & Topics in Exercise Science](#)
- [ES 394: Therapeutic Exercise and Fitness](#)
- [ES 402: Exercise Leadership](#)



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- [ES 446: Biomechanics of Human Movement](#)
- [ES 447: Biomechanics Laboratory](#)
- [ES 456: Exercise Testing & Prescription](#)
- [ES 457: Exercise Testing & Prescription Lab](#)
- [ES 471: Mgmt. of Health, Fitness and Sport Progr](#)
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- [ES 512: Foundations of Biomechanics](#)
- [ES 515: Stress and the Brain](#)
- [ES 542: Sports Psychology](#)
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- [ES 608: Methods & Procedures of Graded Exercise](#)
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- [ES 620: Selected Topics in Exercise Science](#)
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- [Edde 406: Intro Driver & Highway Safety Education](#)
- [Edde 407: Highway Safety & Driver Education](#)
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