

ES 100: Introduction to Exercise Science HEALTH, EXERCISE SCI & RECREATION MGMT

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/Fitness, Other
- <u>Socio-Psychological Sports Studies</u>
- Sport and Fitness Administration/Management

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