

## **EL 453: Advanced Sports Conditioning**

[HEALTH, EXERCISE SCI & RECREATION MGMT](#)

Pass/Fail grade

1 Credit

### **Prerequisites**

- Pre-Requisite: 24 Earned Hours

### **Instruction Type(s)**

- Lecture/Lab: Lecture/Lab for EL 453

### **Course Fee(s)**

#### **Applied Science**

- \$5.00

### **Subject Areas**

- [Leisure and Recreational Activities, General](#)

