

# 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

#### Prerequisites

Pre-Requisite: 24 Earned Hours

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

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