

Health and Physical Education, General

- [EL 100: Wilderness Living Techniques](#)
- [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](#)
- [EL 156: Jogging](#)
- [EL 158: Low Impact Aerobics](#)
- [EL 159: High Impact Aerobics](#)
- [EL 169: Aqua Exercise](#)
- [EL 170: Beginning Swimming](#)
- [EL 171: Intermediate Swimming](#)
- [EL 172: Advanced Swimming](#)
- [EL 173: Lifeguarding](#)
- [EL 174: Water Safety Instructor](#)
- [EL 237: Advanced Bowling](#)
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- [EL 242: Advanced Open Water Scuba Diving](#)
- [EL 247: Advanced Tennis](#)
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- [EL 253: Advanced Sports Conditioning](#)
- [EL 255: Coaching Tennis](#)
- [EL 269: Advanced Aqua Exercise](#)
- [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 350: Research Methods in HESRM](#)
- [ES 351: Measurement & Statistics in Exercise Sci](#)
- [ES 391: Trends & Topics in Exercise Science](#)
- [ES 394: Therapeutic Exercise and Fitness](#)



- [ES 402: Exercise Leadership](#)
- [ES 440: Behavioral Aspects of Exercise](#)
- [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](#)
- [ES 473: Practicum](#)
- [ES 490: Independent Study](#)
- [ES 493: Internship](#)
- [ES 512: Foundations of Biomechanics](#)
- [ES 515: Stress and the Brain](#)
- [ES 542: Sports Psychology](#)
- [ES 544: The American Woman in Sports](#)
- [ES 574: Selected Problems in Special Populations](#)
- [ES 603: Data Analytics Methodologies](#)
- [ES 608: Methods & Procedures of Graded Exercise](#)
- [ES 609: Motor Behavior](#)
- [ES 610: Internship in Exercise Science](#)
- [ES 611: Exercise Physiology I](#)
- [ES 612: Instrumentation & Analysis in Biomechanics](#)
- [ES 613: Health Aspects of Physical Activity](#)
- [ES 614: Cardiovascular Physiology](#)
- [ES 615: Physiological Aspects of Aging](#)
- [ES 616: Exercise Physiology II](#)
- [ES 618: Advanced Muscle Physiology](#)
- [ES 620: Selected Topics in Exercise Science](#)
- [ES 625: Research Design and Evaluation](#)
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- [ES 652: Advanced Individual Study](#)
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- [ES 655: Problems in PE/Health Education](#)
- [ES 697: Thesis](#)
- [ES 750: Advanced Seminar in Exercise Science](#)
- [Edde 406: Intro Driver & Highway Safety Education](#)
- [Edde 407: Highway Safety & Driver Education](#)
- [Edde 408: Driver Simulation](#)
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- [HP 191: Personal and Community Health](#)
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