

# EL 105: Self Defense Activities HEALTH, EXERCISE SCI & RECREATION MGMT

Pass/Fail grade 1 Credit

### Instruction Type(s) • Lecture/Lab: Lecture/Lab for EL 105

## Course Fee(s) Applied Science

- \$5.00

### Subject Areas

- Health and Physical Education, General
  Kinesiology and Exercise Science

#### **Related Areas**

- Health and Physical Education/Fitness, Other
- Sport and Fitness Administration/Management

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