

EL 153: Sports Conditioning HEALTH, EXERCISE SCI & RECREATION MGMT

Intense physical conditioning course designed for competitive athletics.

Pass/Fail grade

1 Credit

Instruction Type(s) • Lecture/Lab: Lecture/Lab for EL 153

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

