

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](#)

