

## **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](#)

