

# 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

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.

