

## **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 for:
  - 2014-15: Fall, Second Fall, Winter, Spring, First Spring, Second Spring, May, Full Summer, First Summer, Second Summer, August
- \$50.00 for:
  - 2015-16: Fall, First Fall, Second Fall

### **Subject Areas**

- [Health and Physical Education, General](#)
- [Kinesiology and Exercise Science](#)

### **Related Areas**

- [Health and Physical Education/Fitness, Other](#)
- [Sport and Fitness Administration/Management](#)
- [Sports Studies](#)

