

ES 402: Exercise Leadership HEALTH, EXERCISE SCI & RECREATION MGMT

An overview of the educational concepts, performance techniques, program design, and leadership skills needed to teach individuals and group-led exercise programs.

3 Credits

Prerequisites

• Pre-Requisite: 24 Earned Hours

Instruction Type(s)

• Lecture/Lab: Lecture/Lab for ES 402

Subject Areas

- Health and Physical Education, General
- Kinesiology and Exercise Science

Related Areas

- Health and Physical Education/Fitness, Other
- Sport and Fitness Administration/Management
- <u>Sports Studies</u>

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.

