

## ES 100: Introduction to Exercise Science

### [Health, Exercise Sci & Recreation Mgmt](#)

An introduction to the faculty and courses in exercise science, with an emphasis on career planning and student development. Required for all exercise science majors during the first semester of program enrollment and recommended for anyone considering exercise science as a major.

Z grade

1 Credit

### Instruction Type(s)

- Lecture: Lecture for ES 100

### Subject Areas

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

### Related Areas

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

