

## EL 155: Walking I Health, Exercise Sci & Recreation Mgmt

This course introduces fitness through walking. Emphasis is on stretching, conditioning exercises, proper clothing, fluid needs, and injury prevention. Upon completion, students should be able to participate in a recreational walking program. Repeatable a total of four times. (1).

1 Credit

## Instruction Type(s)

Seminar: Seminar for EL 155

## Subject Areas

Kinesiology and Exercise Science

## **Related Areas**

- Health and Physical Education, General
- Health and Physical Education/Fitness, Other
- Sport and Fitness Administration/Management

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