

# 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
- Lecture/Lab: Web-based 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

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.

