

# EL 251: Advanced Weight Lifting

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

Pass/Fail grade

1 Credit

### Instruction Type(s)

- Lecture/Lab: Lecture/Lab for EL 251

### Course Fee(s)

Applied Science

- \$50.00

### Subject Areas

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

### Related Areas

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

