

## EL 105: Self Defense Activities

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

Pass/Fail grade

1 Credit

#### Instruction Type(s)

- Lecture/Lab: Lecture/Lab for EL 105

#### 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](#)

