EL 153: Sports Conditioning
Health, Exercise Sci & Recreation Mgmt
Intense physical conditioning course designed for competitive athletics.
Pass/Fail grade
1 Credit

Instruction Type(s)
• Lecture/Lab: Lecture/Lab for EL 153

Course Fee(s)
Applied Science
• $50.00

Subject Areas
• Health and Physical Education, General
• Kinesiology and Exercise Science

Related Areas
• Health and Physical Education, General
• Health and Physical Education/Fitness, Other
• Kinesiology and Exercise Science
• Socio-Psychological Sports Studies