EL 153: Sports Conditioning

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