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/Fitness, Other
- Sport and Fitness Administration/Management