EL 155: Walking I
Health, Exercise Sci & Recreation Mgmt

This course introduces fitness through walking. Emphasis is on stretching, conditioning exercises, proper clothing, fluid needs, and injury prevention. Upon completion, students should be able to participate in a recreational walking program. Repeatable a total of four times. (1).

1 Credit

**Instruction Type(s)**
- Seminar: Seminar for EL 155

**Subject Areas**
- Kinesiology and Exercise Science

**Related Areas**
- Health and Physical Education, General
- Health and Physical Education/Fitness, Other
- Sport and Fitness Administration/Management