**EL 251: Advanced Weight Lifting**

**Health, Exercise Sci & Recreation Mgmt**

Pass/Fail grade

1 Credit

**Instruction Type(s)**

- Lecture/Lab: Lecture/Lab for EL 251

**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