ES 200: Principles of Personal Training
Health, Exercise Sci & Recreation Mgmt

In this course, students will be given the opportunity to develop their knowledge and application of exercise training as it relates to improving the health, fitness, and well-being of others either in one-on-one or group fitness settings.

3 Credits

Instruction Type(s)
- Lecture: Lecture for ES 200

Subject Areas
- Kinesiology and Exercise Science

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