ES 200: Principles of Personal Training

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