ES 402: Exercise Leadership
Health, Exercise Sci & Recreation Mgmt

An overview of the educational concepts, performance techniques, program design, and leadership skills needed to teach individuals and group-led exercise programs.

3 Credits

**Prerequisites**
- Pre-Requisite: 24 Earned Hours

**Instruction Type(s)**
- Lecture/Lab: Lecture/Lab for ES 402

**Subject Areas**
- Health and Physical Education, General
- Kinesiology and Exercise Science

**Related Areas**
- Health and Physical Education/Fitness, Other