ES 402: Found. of Health and Human Performance
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
• Lecture/Lab: Web-based Lecture/Lab for ES 402

Subject Areas
• Health and Physical Education, General
• Kinesiology and Exercise Science

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