ES 402: Found. of Health and Human Performance

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