

EL 155: Walking I HEALTH, EXERCISE SCI & RECREATION MGMT

This course introduces fitness through walking. Emphasis is on stretching, conditioning exercises, proper clothing, fluid needs, and injury prevention. Upon completion, students should be able to participate in a recreational walking program. Repeatable a total of four times. (1).

Instruction Type(s)

• Seminar: Seminar for EL 155

Subject Areas

• Kinesiology and Exercise Science

Related Areas

- Health and Physical Education, General
- · Health and Physical Education/Fitness, Other
- Socio-Psychological Sports Studies
- Sport and Fitness Administration/Management

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