

## 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).

1 Credit

Instruction Type(s)

Seminar: Seminar for EL 155

## Subject Areas

<u>Kinesiology and Exercise Science</u>

## **Related Areas**

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

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