

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
- Socio-Psychological Sports Studies
- <u>Sport and Fitness Administration/Management</u>

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