

## **EL 151: Weight Lifting**

### [Health, Exercise Sci & Recreation Mgmt](#)

Pass/Fail grade

1 Credit

#### **Instruction Type(s)**

- Lecture/Lab: Lecture/Lab for EL 151

#### **Course Fee(s)**

**Applied Science 2**

- \$50.00

#### **Subject Areas**

- [Health and Physical Education, General](#)
- [Kinesiology and Exercise Science](#)

#### **Related Areas**

- [Health and Physical Education/Fitness, Other](#)
- [Sport and Fitness Administration/Management](#)

