

## **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**

- [Kinesiology and Exercise Science](#)

### **Related Areas**

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

