

## ES 200: Principles of Personal Training Health, Exercise Sci & Recreation Mgmt

In this course, students will be given the opportunity to develop their knowledge and application of exercise training as it relates to improving the health, fitness, and well-being of others either in one- on-one or group fitness settings.

3 Credits

## Instruction Type(s)

Lecture: Lecture for ES 200

## Subject Areas

Kinesiology and Exercise Science

## **Related Areas**

- Health and Physical Education, General
- Health and Physical Education/Fitness, Other
- Sport and Fitness Administration/Management

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