

## 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](#)

