

## ES 402: Found. of Health and Human Performance

### [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
- Lecture/Lab: Web-based Lecture/Lab for ES 402

#### Subject Areas

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

#### Related Areas

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

