

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

<u>Kinesiology and Exercise Science</u>

Related Areas

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

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.

