

EX 245: Personal Health and Conditioning

A detailed study of health, fitness, and conditioning as it pertains to a healthy lifestyle and sports performance. Excellent background material for health and human performance professionals as course content includes instruction in the techniques of cardiovascular fitness, strength training, flexibility exercises, speed and agility training, and body composition. This course includes rigorous physical activity. Students are expected to participate fully. It is the student's responsibility to notify the instructor of any restrictions, illnesses, or other limitations, physical or otherwise, they may have, whether these be short-term or otherwise. This statement does not override the ADA policy or procedure; students needing accommodations should follow the ADA policy.

Hours: 2

Program: Exercise Science

Semester Offered:

Fall,

Spring