

HHPL 130: Exercise Physiology II

Explore the world of exercise physiology by gaining knowledge and skills to properly design a program for themselves and other populations in the various stages of life. Students will gain solid foundation to pursue the entry level certification as a personal trainer by assessing and mastery both written and practical exams modeled a prominent certification exams within the fitness industry.

Credits: 3

Program:

Health, Human Perform. & Leisure Studies

COURSE DESCRIPTIONS