

KIN-35 — FOUNDATION FOR FITNESS AND WELLNESS

About This Course

Transfer: UC, CSU

3.00 units

Prerequisite: None.

Description: Prepares students to make informed choices and to take responsibility for those choices in the areas of fitness, nutrition, and stress management. Emphasis is on the application of health and physical fitness principles. Each student will develop a personalized plan for the overall maintenance of their own wellness. 36 hours lecture and 54 hours laboratory. (Letter grade only)