

KIN-45 — GROUP FITNESS INSTRUCTOR

About This Course

Transfer: CSU

3.00 units

Prerequisite: None.

Description: Fitness both in theory and practice. Topics include how to teach exercise, the essentials of exercise, nutrition and weight management, and safety guidelines. Provides the foundation for becoming a nationally certified (ACE, AFAA, etc.) group fitness instructor. 36 hours lecture and 54 hours laboratory. (Letter grade only)