

KIN-A30 — SWIMMING, ADVANCED SKILLS AND CONDITIONING

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: None, **Advisory:** KIN-A29

Description: Advanced swimming is designed to develop strength, endurance and skill in all swimming strokes. Emphasis is placed on a swimmer acquiring the knowledge, skill and strength to use swimming for physical conditioning. KIN-A28, A29, and A30 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)