

KIN-A31A — BEGINNING WATER AEROBICS AND DEEP WATER EXERCISE

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: None

Description: Students will develop basic strength, flexibility, coordination and cardiovascular fitness within a shallow/deep water aerobic format. The student will also be introduced to deep water workouts with the aid of a flotation device (belt or noodle). KIN A31 A, A31 B and A31 C 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.)