

KIN-A31B — INTERMEDIATE WATER AEROBICS AND DEEP WATER EXERCISE

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: KIN-A31A

Description: Introduces intermediate water aerobic skills. Students will increase their coordination and balance along with strength, flexibility and cardiovascular fitness with in a shallow/deep water format. The student will be introduced to intermediate interval aerobic workouts with the addition of water resistance toys and flotation devices. Nutrition concepts and goal setting will be applied. 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)