

KIN-A31C — ADVANCED WATER AEROBICS AND DEEP WATER EXERCISE

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: KIN-A31B

Description: Using advanced water aerobic skills, this course will broaden the students water aerobic experience. Advanced interval aerobic shallow/deep water exercises, with the aid of a flotation device and toys, will increase strength, flexibility, cardiovascular endurance, muscle movement memory and coordination. Personal dietary plans, long term nutritional concepts and fitness goal setting are introduced and implemented. KIN A31 A, A31 B, 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.)