

## **KIN-A75A — WALKING FOR FITNESS: BEGINNING**

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### **About This Course**

**Transfer:** UC, CSU

1.00 units

**Prerequisite:** None

**Description:** This course is designed for all students with an emphasis on cardiovascular fitness, setting personal fitness goals and understanding the physiological benefits of a walking program. Walking programs will be established to improve cardiorespiratory endurance. KIN-A75A, A75B and A77 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.)