

KIN-A77A — JOGGING FOR FITNESS, BEGINNING

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: None.

Description: Introduces basic fitness concepts to improve each individual's physical health and general well being. Geared to all ages and is concerned with aspects of cardiovascular health and weight control. Emphasis placed on building endurance and strength through jogging. KIN-A77A, A77B, and A77C are courses related in content and are limited in enrollment according to Title 5, section 55040. 54 hours laboratory. (Letter grade only)