

KIN-A77C — JOGGING FOR FITNESS, ADVANCED

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: None., Advisory: KIN-A77B.

Description: Designed for students of advanced fitness levels who would like to enhance and improve their cardiovascular fitness, overall strength and flexibility with more advanced jogging strategies. Progressive jogging techniques will be utilized in establishing jogging programs designed to promote improvements in cardiovascular endurance and body composition. Geared to all ages and is concerned with aspects of cardiovascular health and weight control. Emphasis placed on building endurance and strength by using advanced stretching, muscle strengthening and jogging techniques for conditioning. 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)