

## **KIN-A81A — CARDIO AND STRENGTH TRAINING, BEGINNING**

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### **About This Course**

**Transfer:** UC, CSU

1.00 units

**Prerequisite:** None

**Description:** An overview of the basic concepts that affect total fitness. Personalized exercise programs in cardiovascular endurance, muscular strength, muscular endurance, and flexibility will be developed. KIN-A81A and A81B 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.)