

KIN-A81B — CARDIO AND STRENGTH TRAINING, INTERMEDIATE

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: KIN-A81A

Description: Provides nutritional, cardiovascular, strength, flexibility and assessment concepts to enhance the personalized exercise program. 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. (TBA option)(Letter Grade, or Pass/No Pass option.)