

KIN-A81C — CARDIO AND STRENGTH TRAINING, ADVANCED

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: KIN-A81B

Description: Designed to enhance nutritional, cardiovascular, strength and flexibility concepts in order to create and apply a lifelong individual physical fitness program. KIN A81A and A81B and A81C are courses related in content and are limited 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)