

## **KIN-A90B — WEIGHT TRAINING - INTERMEDIATE**

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### **About This Course**

**Transfer:** UC, CSU

1.00 units

**Prerequisite:** KIN-A90A

**Description:** Weight training course for students who have a basic background in weight lifting. Emphasis is placed on furthering strength development, cardiovascular endurance and flexibility. 54 hours laboratory. (Letter grade or Pass/No Pass option)