

KIN-V78 — LONG DISTANCE RUNNING

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: None

Limitation on enrollment: Retention based on successful tryout

Description: This course will provide general and specific long distance running principles, conditioning methods, and race tactics involved in competitive long distance running. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill and competency development. This course may be taken a total of four times. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)