

KIN-V82 — SPEED, AGILITY, QUICKNESS

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: None.

Description: Opportunity for varsity student athletes to improve skills in traditional speed-specific and agility-specific movements. Student athletes will participate in drills and activities which will improve muscular endurance, muscular strength, cardiovascular endurance and flexibility. Running technique, body control, balance and first step explosiveness are skills to prepare student athletes for intercollegiate competition. 54 hours laboratory. (Letter Grade or Pass/No Pass option.)