

KIN-V92 — WEIGHT TRAINING, VARSITY ATHLETES

About This Course

Transfer: CSU

1.00 units

Prerequisite: None

Limitation on enrollment: Retention is based on successful tryout

Description: A weight training course for varsity athletes who have an extensive background in weight lifting. Emphasis is placed on strength development, cardiovascular endurance, and flexibility. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill and competency development. May be taken a total of four times. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)