

KIN-V94 — IN-SEASON VARSITY SPORT CONDITIONING

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: None

Limitation on enrollment: Retention based on successful tryout

Description: This course is designed to teach advanced conditioning principles for the design and implementation of an in-season training program during varsity sport competition. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development. May be taken a total of four times. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)