

## **KIN-V95 — OUT-OF-SEASON SPORT CONDITIONING**

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### **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 our out-of-season training programs in preparation for 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.)