# FITN 117 Fitness Assessment, Strength and Conditioning

## FITN 117 FITNESS ASSESSMENT, STRENGTH AND CONDITIONING

Improve the quality of life by adopting, maintaining, or increasing daily physical activity in a fitness setting. FITN 117 is an introductory course examining the importance of strength and cardiovascular training in maintaining healthy body composition. The course analyzes proper lifting techniques, safe operation of exercise machines, gym etiquette, fundamental exercises for each muscle group, the basic human anatomy related to the student's fitness/health goals, and the workout structure to reach these goals. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1

**Hours/semester:** 48-54 Lab

**AA/AS Degree Requirements:** Area 7A

**Transfer Credit:** CSU, UC