

FITN 118 Beginning Fitness Center

FITN 118 BEGINNING FITNESS CENTER

Continuation of FITN 117. FITN 118 is the second installment of a series of courses that promotes participation in physical activity while in a fitness setting, fostering lifelong health and wellness. Examines the importance of strength and cardiovascular training to maintain healthy body composition. The course examines various modes of strength training, including free-weight exercises, workout organization, types of strength training, aerobic versus anaerobic training, basic exercise physiology, fitness assessment, and goal setting. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: FITN 117

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

