

# FITN 119 Intermediate Fitness Center

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## **FITN 119 INTERMEDIATE FITNESS CENTER**

Continuation of FITN 118. FITN 119 is the third installment of the series designed for students ready for intermediate to advanced level concepts of resistance and cardiovascular training. Examines the importance of physical activity and physical fitness to maintain healthy body composition. Students are introduced to multi-joint exercises, Olympic-style lifting techniques, functional training concepts as well as other advanced level exercises, to promote improved performance for sport, recreation and real-life activity. Students should demonstrate the appropriate strength, skill and technique to perform exercises safely. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1

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

**Prerequisites:** FITN 118

**AA/AS Degree Requirements:** Area E2; Physical Education

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

