

FITN 128.1 Core Strength and Functional Training I

FITN 128.1 CORE STRENGTH AND FUNCTIONAL TRAINING I

Basic exercises incorporating a stability ball and other functional exercise equipment that build a foundation for functional movement, emphasizing core strength, while increasing whole body fitness, flexibility, stabilization, balance and coordination. The course is suitable for all fitness levels and prepares students for all types of physical activity from everyday movement to athletic engagement. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

AA/AS Degree Requirements: Area E2; Physical Education

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

