

# FITN 128.2 Core Strength and Functional Training II

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## **FITN 128.2 CORE STRENGTH AND FUNCTIONAL TRAINING II**

Continuation of Fitness 128.1. Intermediate level course incorporating exercises on stability ball and other functional fitness equipment that builds a foundation for functional movement, emphasizing core strength, while increasing whole body fitness, flexibility, stabilization, balance and coordination. The course is suitable for students at an intermediate fitness level and prepares participants 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

**Prerequisites:** FITN 128.1 or demonstrated skill level.

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

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

