FITN 128.4 Core Strength and Functional Training IV

FITN 128.4 CORE STRENGTH AND FUNCTIONAL TRAINING IV

Continuation of Fitness 128.3. Intermediate to advanced level course incorporating exercises on the 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 128.3

AA/AS Degree Requirements: Area 7A

Transfer Credit: CSU, UC