

FITN 152 Basketball Conditioning

FITN 152 BASKETBALL CONDITIONING

A comprehensive basketball conditioning course designed for the intercollegiate community college basketball athlete. Course emphasizes cardiovascular fitness, strength, speed, skill and agility with and without the ball. Fitness and skill assessments are ongoing throughout the course. May be repeated for credit up to 3 times. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 0.5 - 1.5

Hours/semester: 24-81 Lab

Recommended: Demonstrated ability is required.

AA/AS Degree Requirements: Area E2; Physical Education

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

