

FITN 210 Varsity Weight Conditioning

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Intended for out-of-season varsity athletes to provide fitness and strength training programs that prepare them for intercollegiate competition. Includes sport-specific training, speed, agility, strength, and circuit workouts. Free weights, weight machines, jump ropes and speed ladders are used. May be repeated for credit up to 3 times. *Letter Grade Only. Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Recommended: Demonstrated skill in athletic competition

AA/AS Degree Requirements: Area E2; Physical Education

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

