

FITN 235 Boot Camp

FITN 235 BOOT CAMP

A group fitness class consisting of cardiovascular endurance training that uses various methods other than long distance continuous running. Methods include Fartlek training, which consists of sprints and interval training, combined with active recovery in between. Workouts target all muscle groups and vary daily. *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*

