FITN 304.4 Walking Fitness IV

FITN 304.4 WALKING FITNESS IV
An advanced level low impact course that aims to improve cardiovascular fitness through a gradual progression of exercises that includes a dynamic warm-up, a proper cool-down, hill and incline walking, cross-training exercises and speed walking. Emphasis is placed on distance and timed walking. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 1
**Hours/semester:** 48-54 Lab
**Prerequisites:** FITN 304.3
**AA/AS Degree Requirements:** Area E2; Physical Education
**Transfer Credit:** CSU (CSU GE Area E2), UC*