

FITN 308.1 Hiking and Trekking for Fitness I

FITN 308.1 HIKING AND TREKKING FOR FITNESS I

Introduction to the cardiovascular and fitness related benefits of hiking and trekking. A fitness course for the outdoor enthusiast, classes are conducted on local Bay Area trails. *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*

