

FITN 332.2 Flexibility and Stretching II

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Continuation of FITN 332.1. The focus of this course is to help condition and tone the body through low impact fitness techniques and total body stretching, proper breathing techniques, and exercises for flexibility at an intermediate level. Emphasis is placed on a dynamic warm-up and static stretching exercises. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: FITN 332.1

AA/AS Degree Requirements: Area E2; Physical Education

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

