

## Fitness

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(See also [Aquatics](#), [Dance](#), [Individual Sports](#), [Kinesiology](#), [Team Sports](#) and [Varsity Sports](#))

(Please make sure to see [repeatability statement](#) listed at the beginning of the [Kinesiology, Athletics and Dance section](#))

### FITN 112 CROSS-TRAINING

A course designed to develop aerobic fitness, by concurrently training in two or more dynamic endurance activities (fitness walking, running, hiking, elliptical machine, stair master, stationary bike and/or step platform) combined with anaerobic exercise (strength training, free weights, functional training, sprints, plyometric training, and/or high intensity movement). Emphasis is placed on group exercise utilizing multiple aerobic activities plus anaerobic exercises to produce cross-training effect. *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\*

### FITN 117 FITNESS ASSESSMENT, STRENGTH AND CONDITIONING

Improve the quality of life by adopting, maintaining, or increasing daily physical activity in a fitness setting. FITN 117 is an introductory course examining the importance of strength and cardiovascular training in maintaining healthy body composition. The course analyzes proper lifting techniques, safe operation of exercise machines, gym etiquette, fundamental exercises for each muscle group, the basic human anatomy related to the student's fitness/health goals, and the workout structure to reach these goals. *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\*

### FITN 118 BEGINNING FITNESS CENTER

Continuation of FITN 117. FITN 118 is the second installment of a series of courses that promotes participation in physical activity while in a fitness setting, fostering lifelong health and wellness. Examines the importance of strength and cardiovascular training to

maintain healthy body composition. The course examines various modes of strength training, including free-weight exercises, workout organization, types of strength training, aerobic versus anaerobic training, basic exercise physiology, fitness assessment, and goal setting. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1

**Hours/semester:** 48-54 Lab

**Prerequisites:** FITN 117

**AA/AS Degree Requirements:** Area E2; Physical Education

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

### FITN 119 INTERMEDIATE FITNESS CENTER

Continuation of FITN 118. FITN 119 is the third installment of the series designed for students ready for intermediate to advanced level concepts of resistance and cardiovascular training. Examines the importance of physical activity and physical fitness to maintain healthy body composition. Students are introduced to multi-joint exercises, Olympic-style lifting techniques, functional training concepts as well as other advanced level exercises, to promote improved performance for sport, recreation and real-life activity. Students should demonstrate the appropriate strength, skill and technique to perform exercises safely. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1

**Hours/semester:** 48-54 Lab

**Prerequisites:** FITN 118

**AA/AS Degree Requirements:** Area E2; Physical Education

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

### FITN 122 TOTAL BODY BURN

A comprehensive group activity course designed to improve upper and lower body muscular endurance, tone, flexibility and body composition using light weights and high repetitions. Additional emphasis is placed on posture, coordination, and balance using body weight exercises. *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\*

### FITN 128.1 CORE STRENGTH AND FUNCTIONAL TRAINING I

Basic exercises incorporating a stability ball and other functional exercise equipment that build a foundation for functional movement, emphasizing core strength, while



increasing whole body fitness, flexibility, stabilization, balance and coordination. The course is suitable for all fitness levels and prepares students for all types of physical activity from everyday movement to athletic engagement. *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\*

### **FITN 128.2 CORE STRENGTH AND FUNCTIONAL TRAINING II**

Continuation of Fitness 128.1. Intermediate level course incorporating exercises on stability ball and other functional fitness equipment that builds a foundation for functional movement, emphasizing core strength, while increasing whole body fitness, flexibility, stabilization, balance and coordination. The course is suitable for students at an intermediate fitness level and prepares participants for all types of physical activity from everyday movement to athletic engagement. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1

**Hours/semester:** 48-54 Lab

**Prerequisites:** FITN 128.1 or demonstrated skill level.

**AA/AS Degree Requirements:** Area E2; Physical Education

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

### **FITN 128.3 CORE STRENGTH AND FUNCTIONAL TRAINING III**

Continuation of Fitness 128.2. Intermediate to advanced level course incorporating exercises on the stability ball and other functional fitness equipment that builds a foundation for functional movement, emphasizing core strength, while increasing whole body fitness, flexibility, stabilization, balance, and coordination. The course is suitable for students at an intermediate fitness level and prepares participants for all types of physical activity from everyday movement to athletic engagement. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1

**Hours/semester:** 48-54 Lab

**Prerequisites:** FITN 128.2

**Transfer Credit:** UC

### **FITN 152 BASKETBALL CONDITIONING**

A comprehensive basketball conditioning course designed for the intercollegiate community college basketball athlete.

Course emphasizes cardiovascular fitness, strength, speed, skill and agility with and without the ball. Fitness and skill assessments are ongoing throughout the course. May be repeated for credit up to 3 times. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 0.5 - 1.5

**Hours/semester:** 24-81 Lab

**Recommended:** Demonstrated ability is required.

**AA/AS Degree Requirements:** Area E2; Physical Education

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

### **FITN 153 SOCCER CONDITIONING**

A comprehensive group activity course designed to improve the total fitness level of the competitive intercollegiate community college soccer athlete. Course emphasizes cardiovascular fitness, strength, speed, balance and agility with and without the ball. Assessments of the students' fitness levels are made through a series of fitness tests. May be repeated for credit up to 3 times. *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\*

### **FITN 154 VOLLEYBALL CONDITIONING**

A comprehensive group activity course designed to improve the total fitness level of the competitive intercollegiate community college volleyball athlete. Course emphasizes cardiovascular fitness, strength, speed, balance and agility with and without the ball. Assessments of the students' fitness levels are made through a series of fitness tests. May be repeated for credit up to 3 times. *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\*

### **FITN 210 VARSITY WEIGHT CONDITIONING**

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\*

### **FITN 227.1 TRX® SUSPENSION TRAINING I**

An introductory group exercise class utilizing the TRX® Suspension Trainer. Muscular strength, balance, flexibility, and core stability are trained via leveraging gravity to complete bodyweight exercises in three of the six TRX® foundational movement categories. Topics include proper set-up, safe practices, philosophy of suspension training, and proper exercise technique. *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\*

### **FITN 227.2 TRX® SUSPENSION TRAINING II**

Continuation of FITN 227.1. Includes a review of proper set-up, safe practices, philosophy of suspension training, and proper exercise technique. The remaining three TRX® foundational movement categories are introduced. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1

**Hours/semester:** 48-54 Lab

**Prerequisites:** FITN 227.1

**AA/AS Degree Requirements:** Area E2; Physical Education

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

### **FITN 227.3 TRX® SUSPENSION TRAINING III**

Continuation of FITN 227.2. Includes a review of proper set-up, safe practices, philosophy of suspension training, and proper exercise technique. The TRX® Rip Trainer is introduced as a supplemental tool to incorporate rotational training. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1

**Hours/semester:** 48-54 Lab

**Prerequisites:** FITN 227.2

**AA/AS Degree Requirements:** Area E2; Physical Education

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

### **FITN 227.4 TRX® SUSPENSION TRAINING IV**

Continuation of FITN 227.3. Includes a review of proper set-up, safe practices, and proper exercise technique for the TRX® Suspension Trainer and Rip Trainer. The Functional TRX model introduces add-on modalities in the form of smash balls, heavy ropes, kettlebells, and sandbags. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1

**Hours/semester:** 48-54 Lab

**Prerequisites:** FITN 227.3

**AA/AS Degree Requirements:** Area E2; Physical Education

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

### **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\*

### **FITN 301.1 SPINNING I**

A beginning level aerobic exercise class performed on a stationary racing bicycle and done to high-cadence music. An exciting and fast-paced workout to improve aerobic conditioning. *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\*

### **FITN 301.2 SPINNING II**

Continuation of FITN 301.1. Intermediate level aerobic exercise performed on a stationary racing bicycle and done to high-cadence music. An exciting and fast-paced workout to improve aerobic conditioning. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1

**Hours/semester:** 48-54 Lab

**Prerequisites:** FITN 301.1 or demonstrated skill level.



**AA/AS Degree Requirements:** Area E2; Physical Education

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

### FITN 301.3 SPINNING III

Continuation of FITN 301.2. Intermediate advanced aerobic exercise performed on a stationary racing bicycle and done to high-cadence music. An exciting and fast-paced workout to improve aerobic conditioning. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1

**Hours/semester:** 48-54 Lab

**Prerequisites:** FITN 301.2 or demonstrated skill level.

**AA/AS Degree Requirements:** Area E2; Physical Education

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

### FITN 304.1 WALKING FITNESS I

A beginning level low impact course that aims to improve cardiovascular fitness through a gradual progression of exercises that includes a dynamic warm-up and proper cool-down stretching while emphasizing distance and timed walks. *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\*

### FITN 304.2 WALKING FITNESS II

An intermediate level low impact course that aims to improve cardiovascular fitness through a gradual progression of exercises that includes a dynamic warm-up and proper cool-down while introducing hill and incline 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 304.1

**AA/AS Degree Requirements:** Area E2; Physical Education

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

### FITN 304.3 WALKING FITNESS III

An advanced intermediate 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, and cross-training exercises to enhance walking time and distance.

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 304.2

**AA/AS Degree Requirements:** Area E2; Physical Education

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

### 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\*

### 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\*

### FITN 332.1 FLEXIBILITY AND STRETCHING I

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. 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

**AA/AS Degree Requirements:** Area E2; Physical Education

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



**FITN 332.2 FLEXIBILITY AND STRETCHING II**

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\***FITN 334.1 YOGA I**

Designed to educate students in Hatha Yoga at a beginning level. A fitness course using yoga postures to increase flexibility, strength and endurance; improve balance, posture and breathing; and teach relaxation techniques. *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\***FITN 334.2 YOGA II**

Designed to educate students in Hatha Yoga at an intermediate level. A fitness course using yoga postures to increase flexibility, strength and endurance; improve balance, posture and breathing; and teach relaxation techniques. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1**Hours/semester:** 48-54 Lab**Prerequisites:** FITN 334.1**AA/AS Degree Requirements:** Area E2; Physical Education**Transfer Credit:** CSU (CSU GE Area E2), UC\***FITN 334.3 YOGA III**

Designed to educate students in Hatha Yoga at an advanced intermediate level. A fitness course using yoga postures to increase flexibility, strength and endurance; improve balance, posture and breathing; and teach relaxation techniques. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1**Hours/semester:** 48-54 Lab**Prerequisites:** FITN 334.2**AA/AS Degree Requirements:** Area E2; Physical Education**Transfer Credit:** CSU (CSU GE Area E2), UC\***FITN 334.4 YOGA IV**

Designed to educate students in Hatha Yoga at an advanced level. A fitness course using yoga postures to increase flexibility, strength and endurance; improve balance, posture and breathing; and teach relaxation techniques. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1**Hours/semester:** 48-54 Lab**Prerequisites:** FITN 334.3**AA/AS Degree Requirements:** Area E2; Physical Education**Transfer Credit:** CSU (CSU GE Area E2), UC\***FITN 335.1 PILATES I**

Training of the muscles in the torso through controlled exercises taught at a beginning level. Designed to improve posture, coordination, balance, flexibility and build core strength. *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\***FITN 335.2 PILATES II**

Training of the muscles in the torso through controlled exercises taught at an intermediate level. Designed to improve posture, coordination, balance, flexibility and build core strength. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1**Hours/semester:** 48-54 Lab**Prerequisites:** FITN 335.1**AA/AS Degree Requirements:** Area E2; Physical Education**Transfer Credit:** CSU (CSU GE Area E2), UC\***FITN 335.3 PILATES III**

Training of the muscles in the torso through controlled exercises taught at an advanced intermediate level. Designed to improve posture, coordination, balance,



flexibility and build core strength. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1

**Hours/semester:** 48-54 Lab

**Prerequisites:** FITN 335.2

**AA/AS Degree Requirements:** Area E2; Physical Education

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

### **FITN 335.4 PILATES IV**

Training of the muscles in the torso through controlled exercises taught at an advanced level. Designed to improve posture, coordination, balance, flexibility and build core strength. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 1

**Hours/semester:** 48-54 Lab

**Prerequisites:** FITN 335.3

**AA/AS Degree Requirements:** Area E2; Physical Education

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

