

# KINE 109 Lifetime Fitness and Nutrition

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## **KINE 109 LIFETIME FITNESS AND NUTRITION**

This course is designed to help students identify the complex relationships between diet, physical fitness, and disease. The course includes a review of physical fitness guidelines and basic nutritional guidelines for optimum health and wellness throughout various stages of the lifespan. Personal lifestyle and behavior changes are emphasized as well as the impact poor health and wellness have on our society as a whole. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

**Units:** 3

**Hours/semester:** 48-54 Lecture; 96-108 Homework

**Recommended:** Eligibility for ENGL 100.

**AA/AS Degree Requirements:** Area E1

**Transfer Credit:** CSU (CSU GE Area E1), UC\*

