

Kinesiology

KNACT-058 Core Fusion

54 total hours activity 1 Unit

Core Fusion is a Mind-Body class that combines the basic training principles of Yoga and Pilates. The blend of Yoga and Pilates into one workout offers individuals an efficient format to promote quality of life and performance by improving; core strength, functional mobility, flexibility and body awareness . This class will teach strengthening, breathing and relaxation techniques to promote personal health and reduce overall stress and anxiety levels. May not be repeated. SC

LMC: DA

TRANSFER: CSU

KNACT-110 Life Fitness Center — Training

27-54 total hours activity .5-1 Units

This course is designed to increase cardiovascular endurance, strength, and flexibility through the use of circuit training. A required orientation includes performing an individualized fitness assessment, learning guidelines on accessing fitness, training and wellness information on-line, and discussing how to train safely and efficiently using state-of-the-art equipment. May not be repeated.

P/NP

LMC: DA

TRANSFER: CSU

KNACT-120 Life Fitness Center — Strength Training

27-54 total hours activity .5-1 Units

PREREQUISITE: KNACT-110

This course is designed to provide instruction in proper training techniques for increasing muscular strength and endurance, utilizing plate-loaded apparatus, free weights, selectorized weight machines, and Olympic lifting techniques. A required orientation includes an individualized fitness assessment, learning guidelines on accessing fitness, training, and wellness information on-line, and discussing how to train safely and efficiently using state-of-the-art equipment. May not be repeated. P/NP

LMC: DA

TRANSFER: CSU