KINE 130 Group Fitness Instructor Lecture

KINE 130 GROUP FITNESS INSTRUCTOR LECTURE
This lecture course is part of the Group Fitness Instructor program. Students will learn knowledge and skill foundations necessary to teach a safe and effective group fitness class, no matter what type of modality. Students will also learn how to successfully develop and implement safe and effective group exercise programs, and engage their participants. Topics covered include: anatomy, kinesiology, exercise physiology, instructional techniques, class design, cueing, and injury prevention. Upon completion students will be prepared to take a Group Fitness Certification test. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 3
Hours/semester: 48-54 Lecture
Corequisites: KINE 131
Recommended: BIOL 130, BIOL 250
AA/AS Degree Requirements: Area E5d
Transfer Credit: CSU

Courses marked with a (*) are transferable with unit limitations as specified in assist.org. If you have questions, see your counselor.