
KINS 4.14: Fitness, Water Exercise

This course provides students with the opportunity to gain muscular strength and endurance through water exercise. The workout is structured and performed in a pool. The exercises are low impact and are suitable for all fitness levels.

Letter Grade, Pass/No Pass

Units: 1

Lecture Hours: 0, Lab Hours: 48 – 54

Prerequisites: None

Co-Requisites: None

Advisory: None

Transferable to both UC and CSU

WVC GE: Area A-8: Kinesiology

CSU GE: Area E - Lifelong Learning and Self Development