
KINS 4.31: Core Training

This course provides students with the opportunity to gain muscular strength for trunk stabilization. Movement patterns that strengthen the abdominals, obliques, hips and lower back are emphasized.

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