
KINS 4.32: Boot Camp

This course provides students with the opportunity to gain cardiovascular fitness, muscular strength, and endurance. This course utilizes campus grounds and incorporate exercise stations such as obstacle courses, hurdles, and rope climbing. Other training activities include running, calisthenics, and jumping rope.

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