

Kinesiology FITNS, KINES, PACT, SPORT, TMACT

Degrees:

A.A. – Kinesiology – Exercise Science
AA-T – Kinesiology for Transfer

Division of Kinesiology, Health, and Athletics
Mitchell Campbell, Dean/Athletic Director
Hughes Stadium, Section 1B
916-558-2425

Certificate of Achievement:

Athletic Coaching Certification
Fitness Instructor Certification

FITNS – Fitness

KINES – Kinesiology

PACT – Personal Activity

SPORT – Sports

TMACT – Team Activities

New Course

FITNS 321 Core Conditioning 1.0 Unit

Prerequisite: None.

General Education: AA/AS Area III(a)

Course Transferable to CSU

Hours: 54 hours LAB

This course incorporates a variety of activities including exercises with the stability ball, Bosu ball, Pilates mat, and yoga styles of core work to enhance abdominal, lower back, gluteal, and hip strength with toning benefits to the entire body.