

KINE1020 : Heart Healthy Activity

Wellness activities of adult fitness, aerobic fitness, cycling, lifeguarding, physical fitness, yoga, Pilates, Taekwondo, skiing and derivatives offered, swimming (intermediate), jogging/walking, and water fitness. This course fulfills one general education KINE activity requirement. May be repeated for elective credit but not for general education credit. Additional fee may be required.

Credits 1