

KINE1020 : Heart Healthy Activities

Wellness activities of adult fitness such as: aerobic fitness, cycling, lifeguarding, physical fitness, yoga, core fusion, CrossFit, Taiji, Taekwondo, skiing, swimming (intermediate), jogging/walking, indoor/outdoor recreational sports and games, and water fitness. Two activities will be offered per semester. This course fulfills the general education KINE activity requirement. May be repeated for elective credit but not for general education credit. **Fee:** Additional fee required.

Credits 1

Fees

\$180