REC-FITNESS (FITN)

FITN 100E Scuba Diving I
Credit Hours: 1.00
Max credits per semester: 1
Max credits per degree: 1
Format: LEC
Prerequisite for: FITN 105; FITN 105E

FITN 100G Swimming I
Credit Hours: 1.00
Max credits per semester: 1
Max credits per degree: 1
Format: LEC

FITN 100N Aerobic Swimming I
Credit Hours: 1.00
Max credits per semester: 1
Max credits per degree: 1
Format: LEC

FITN 102B Physical Fitness I
Description: Assessment of current life-style habits; healthful living behaviors; design and practice appropriate health behaviors, with emphasis on physical fitness.
Credit Hours: 1.00
Max credits per semester: 1
Max credits per degree: 1
Format: LEC

FITN 102D Weight Training I
Credit Hours: 1.00
Max credits per semester: 1
Max credits per degree: 1
Format: LEC

FITN 102E Aerobics I
Credit Hours: 1.00
Max credits per semester: 1
Max credits per degree: 1
Format: LEC

FITN 102P Conditioning I
Credit Hours: 1.00
Max credits per semester: 1
Max credits per degree: 3
Format: LEC

FITN 103N Group Fitness
Credit Hours: 1.00
Max credits per semester: 1
Max credits per degree: 1
Format: LEC

FITN 105E SCUBA I Certification
Prerequisites: FITN 100E; Medical Clearance, Basic Swimming
Description: Experiential requirements for Open Water Diver Scuba Diving International (SDI) certification.
Credit Hours: 1
Max credits per semester: 1
Max credits per degree: 1
Format: LEC

FITN 110E Scuba Diving II
Credit Hours: 1.00
Max credits per semester: 1
Max credits per degree: 1
Format: LEC

FITN 110G Swimming II
Credit Hours: 1.00
Max credits per semester: 1
Max credits per degree: 1
Format: LEC

FITN 110N Aerobic Swimming II
Credit Hours: 1.00
Max credits per semester: 1
Max credits per degree: 1
Format: LEC

FITN 112B Physical Fitness II
Prerequisites: FITN 102B or NUTR 100 or 201.
Description: Continuation of the development of the fitness component designed in FITN 102B; additional elements of physical and mental health; design and implement health behavior change programs.
Credit Hours: 1.00
Max credits per semester: 1
Max credits per degree: 1
Format: LEC

FITN 112D Weight Training II
Credit Hours: 1.00
Max credits per semester: 1
Max credits per degree: 1
Format: LEC

FITN 112E Aerobics II
Credit Hours: 1.00
Max credits per semester: 1
Max credits per degree: 1
Format: LEC

FITN 112P Conditioning II
Credit Hours: 1.00
Max credits per semester: 1
Max credits per degree: 1
Format: LEC

FITN 113N Group Exercise Instructor Prep
Description: Theoretical and practical knowledge in group exercise leadership in preparation for a national certification exam. Guidelines for fitness level identification; sensitivity to individual needs and interests; and awareness of safe exercise methods.
Credit Hours: 2.00
Max credits per semester: 2
Max credits per degree: 2
Format: LEC
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Description</th>
<th>Credit Hours</th>
<th>Max credits per semester</th>
<th>Max credits per degree</th>
<th>Format</th>
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<tbody>
<tr>
<td>FITN 120E</td>
<td>Scuba Diving III</td>
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<td>1.00</td>
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<td>FITN 120G</td>
<td>Swimming III</td>
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<td>FITN 120J</td>
<td>Lifeguard Training</td>
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<td>FITN 120N</td>
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<tr>
<td>FITN 122B</td>
<td>Physical Fitness III</td>
<td>Prerequisites: FITN 102B or 112B or permission. Notes: Pass/No Pass only. Description: Risk factors and appropriate health behaviors related to drug and substance abuse; sexually transmitted diseases including AIDS and teen pregnancy.</td>
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<td>FITN 122D</td>
<td>Weight Training III</td>
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<td>FITN 122E</td>
<td>Aerobics IV</td>
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<tr>
<td>FITN 122P</td>
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<td>FITN 130E</td>
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<tr>
<td>FITN 132B</td>
<td>Physical Fitness IV</td>
<td>Prerequisites: Permission. Description: Development of advanced yoga postures building on basic poses to expand knowledge and skills in yoga practice.</td>
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<tr>
<td>FITN 132D</td>
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<td>FITN 132E</td>
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<td>FITN 132P</td>
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<td>FITN 140</td>
<td>Beginning Yoga</td>
<td>Description: Development of proper yoga postures and performance of basic yoga poses. Philosophy and history behind the practice of yoga.</td>
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<td>FITN 145</td>
<td>Advanced Yoga</td>
<td>Description: Development of advanced yoga postures building on basic poses to expand knowledge and skills in yoga practice.</td>
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<td>FITN 151A</td>
<td>Introduction to Wellness Programming</td>
<td>Description: Education, leadership and experiential preparation for working in wellness programming and outreach.</td>
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<tr>
<td>FITN 151B</td>
<td>Wellness Programming Practicum</td>
<td>Prerequisites: FITN 151A Description: Students will be mentored to plan, market, implement, and evaluate two UNL Wellness Programs/Projects/Activities during the spring semester.</td>
<td>1.00</td>
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<td>FITN 160</td>
<td>First Aid, CPR, and AED</td>
<td>Description: Recognize and give basic care for injuries, sudden illnesses, breathing and cardiac emergencies in adults, children, and infants. Coronary Pulmonary Resuscitation (CPR) and using an Automated External Defibrillator (AED) for victims of sudden cardiac arrest until advanced medical personnel arrive and take over.</td>
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FITN 170 First Aid, CPR, and AED Instructor
Description: Training and examination to become a certified instructor to teach First Aid, Standard First Aid (SFA), Coronary Pulmonary Resuscitation (CPR), and Automated External Defibrillator (AED) programs. First Aid, SFA, SFA with AED, adult CPR, adult CPR and/or AED, child CPR, infant CPR, infant and child CPR, AED essentials, and injury-control.
Credit Hours: 2
Max credits per semester: 2
Max credits per degree: 2
Format: LEC

FITN 180 Intro to Personal and Group Exercise
Description: Weight training techniques and group exercise formats for improving muscular strength and endurance and aerobic capacity.
Credit Hours: 1
Max credits per semester: 1
Max credits per degree: 1
Format: LEC

FITN 222 Intro to Personal Training
Description: Theoretical knowledge and practical skills related to the field of personal training.
Credit Hours: 2
Max credits per semester: 2
Max credits per degree: 2
Format: LEC