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 105 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
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<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
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<th>Max credits per degree</th>
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<td>FITN 151A</td>
<td>Introduction to Wellness Programming</td>
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**Description:**
- **FITN 120E Scuba Diving III:** Development of proper yoga postures and performance of basic yoga poses. Philosophy and history behind the practice of yoga.
- **FITN 122B Physical Fitness III:** Risk factors and appropriate health behaviors related to drug and substance abuse; sexually transmitted diseases including AIDS and teen pregnancy.
- **FITN 130E Scuba Diving IV:** 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.
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