

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 100S Swimming Basics

Description: Gain basic aquatic skills and swimming strokes. Learn skills and concepts needed to stay safe in and around water and to help in an aquatic emergency

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: ACV

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

Prerequisite for: FITN 112B; FITN 122B

FITN 102D Weight Training I

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 2

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 104E Introduction to Aerobic Exercise

Description: Introduction to a variety of aerobic fitness components. Experience different formats and equipment used to enhance cardiovascular health.

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: ACV

Offered: FALL/SPR

FITN 105 SCUBA I Certification Dives

Prerequisites: FITN 100 and basic swimming ability

Notes: Transportation, hotel, food, and skills evaluation/refresher course (if needed) are NOT covered under the course fee.

Description: Combined with or after taking SCUBA I. Requires participation in a two-hour orientation and mandatory off-site weekend activity consisting of two seven-hour sessions and four open water dives. Takes place at an off-site location.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Format: FLD

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 106E Introduction to Cycling

Description: Focuses on building an aerobic base, how to monitor intensity, and high intensity interval training drills.

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: ACV

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 110S Swimming Improvement

Notes: Participants must be comfortable in chest-deep water, able to put their face in the water, and able to perform strokes that can be recognized as front crawl, breaststroke and back crawl, each for 15 yards.

Description: Gain proficiency with basic aquatic skills and the six basic swimming strokes. Learn skills and concepts needed to stay safe in and around water and help in an aquatic emergency.

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: ACV

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

Prerequisite for: FITN 122B

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

FITN 120E Scuba Diving III

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

FITN 120G Swimming III

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

FITN 120J Lifeguard Training

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

FITN 120N Aerobic Swimming III

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

FITN 120S Swimming for Fitness

Notes: Participants must be able to swim front crawl, back crawl, and breaststroke at the level of performance described in the American Red Cross Level 4 Stroke Performance Chart each for 25 yards.

Description: Helps refine breaststroke, front crawl, and back crawl strokes and turns, and build endurance. Learn skills and concepts needed to stay safe in and around water.

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: ACV

FITN 120W Water Safety Instructor

Description: Provides the skills and tools to teach swim lessons to participants of all ages and abilities.

Credit Hours: 2.00

Max credits per semester: 2

Max credits per degree: 2

Format: ACV

FITN 122B Physical Fitness III

Prerequisites: FITN 102B or 112B.

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.

Credit Hours: 2.00

Max credits per semester: 2

Max credits per degree: 2

Format: LEC

FITN 122D Weight Training III

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

FITN 122E Aerobics III

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

FITN 122P Conditioning III

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

FITN 130E Scuba Diving IV

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

FITN 132B Physical Fitness IV

Prerequisites: Permission.

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

FITN 132D Weight Training IV

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

FITN 132E Aerobics IV

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

FITN 132P Conditioning IV

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

FITN 140 Beginning Yoga

Description: Development of proper yoga postures and performance of basic yoga poses. Philosophy and history behind the practice of yoga.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

FITN 145 Advanced Yoga

Description: Development of advanced yoga postures building on basic poses to expand knowledge and skills in yoga practice.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

FITN 151A Introduction to Wellness Programming

Description: Education, leadership and experiential preparation for working in wellness programming and outreach.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

Prerequisite for: FITN 151B

FITN 151B Wellness Programming Practicum

Prerequisites: FITN 151A

Description: Students will be mentored to plan, market, implement, and evaluate two UNL Wellness Programs/Projects/Activities during the spring semester.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

FITN 160 First Aid, CPR, and AED

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.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

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