<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Description</th>
<th>Credit Hours</th>
<th>Max credits per semester</th>
<th>Max credits per degree</th>
<th>Format</th>
<th>Prerequisite(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>FITN 100E</td>
<td>Scuba Diving I</td>
<td>Gain basic aquatic skills and swimming strokes.</td>
<td>1.00</td>
<td>1</td>
<td>1</td>
<td>LEC</td>
<td></td>
</tr>
<tr>
<td>FITN 100G</td>
<td>Swimming I</td>
<td>Gain basic aquatic skills and swimming strokes.</td>
<td>1.00</td>
<td>1</td>
<td>1</td>
<td>LEC</td>
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<tr>
<td>FITN 100N</td>
<td>Aerobic Swimming I</td>
<td>Gain basic aquatic skills and swimming strokes.</td>
<td>1.00</td>
<td>1</td>
<td>1</td>
<td>LEC</td>
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<tr>
<td>FITN 100S</td>
<td>Swimming Basics</td>
<td>Gain basic aquatic skills and swimming strokes.</td>
<td>1.00</td>
<td>1</td>
<td>1</td>
<td>LEC</td>
<td></td>
</tr>
<tr>
<td>FITN 102B</td>
<td>Physical Fitness I</td>
<td>Assessment of current life-style habits; healthful living behaviors; design and practice appropriate health behaviors, with emphasis on physical fitness.</td>
<td>1.00</td>
<td>1</td>
<td>1</td>
<td>ACV</td>
<td>FITN 112B; FITN 122B</td>
</tr>
<tr>
<td>FITN 102D</td>
<td>Weight Training I</td>
<td>Focuses on building an aerobic base, how to monitor intensity, and high intensity interval training drills.</td>
<td>1.00</td>
<td>1</td>
<td>1</td>
<td>LEC</td>
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<tr>
<td>FITN 102E</td>
<td>Aerobics I</td>
<td>Focuses on building an aerobic base, how to monitor intensity, and high intensity interval training drills.</td>
<td>1.00</td>
<td>1</td>
<td>1</td>
<td>LEC</td>
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<tr>
<td>FITN 102P</td>
<td>Conditioning I</td>
<td>Focuses on building an aerobic base, how to monitor intensity, and high intensity interval training drills.</td>
<td>1.00</td>
<td>1</td>
<td>3</td>
<td>LEC</td>
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<tr>
<td>FITN 103N</td>
<td>Group Fitness</td>
<td></td>
<td>1.00</td>
<td>1</td>
<td>1</td>
<td>LEC</td>
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</tr>
<tr>
<td>FITN 104E</td>
<td>Introduction to Aerobic Exercise</td>
<td>Introduction to a variety of aerobic fitness components.</td>
<td>1.00</td>
<td>1</td>
<td>1</td>
<td>ACV</td>
<td></td>
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<tr>
<td>FITN 105</td>
<td>SCUBA I Certification Dives</td>
<td>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.</td>
<td>1</td>
<td>1</td>
<td>1</td>
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<tr>
<td>FITN 105E</td>
<td>SCUBA I Certification</td>
<td>Experiential requirements for Open Water Diver Scuba Diving International (SDI) certification.</td>
<td>1</td>
<td>1</td>
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<td>LEC</td>
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<tr>
<td>FITN 106E</td>
<td>Introduction to Cycling</td>
<td></td>
<td>1</td>
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<td>LEC</td>
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<tr>
<td>FITN 110E</td>
<td>Scuba Diving II</td>
<td></td>
<td>1.00</td>
<td>1</td>
<td>1</td>
<td>LEC</td>
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<tr>
<td>FITN 110G</td>
<td>Swimming II</td>
<td></td>
<td>1.00</td>
<td>1</td>
<td>1</td>
<td>LEC</td>
<td></td>
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<tr>
<td>FITN 110N</td>
<td>Aerobic Swimming II</td>
<td></td>
<td>1.00</td>
<td>1</td>
<td>1</td>
<td>LEC</td>
<td></td>
</tr>
</tbody>
</table>

**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.
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 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