# 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
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 122B Physical Fitness III  
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.  
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