

REC-FITNESS (FITN)

FITN 100E Scuba Diving I

Description: Teaches the basics of open water diving including equipment preparation, pre-dive safety check, assembly and maintenance, underwater swimming, descents and ascents. This covers the skills to become a knowledgeable and confident diver.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 2

Grading Option: Pass No Pass

Prerequisite for: FITN 105; FITN 105E

Course and Laboratory Fee: \$235

FITN 100G Swimming I

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

FITN 100N Aerobic Swimming I

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

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: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

Course and Laboratory Fee: \$60

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: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

Prerequisite for: FITN 112B; FITN 122B

FITN 102D Weight Training I

Description: Learn the fundamentals of introductory strength training, proficiency in basic weight lifting exercises like squat, bench, and deadlift, and basic knowledge in exercise programming for their specific goal. This requires active participation in the weight room.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 2

Grading Option: Pass No Pass

Prerequisite for: FITN 112D

Course and Laboratory Fee: \$50

FITN 102E Aerobics I

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

FITN 102P Conditioning I

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 3

Grading Option: Pass No Pass

FITN 102R Running Basics

Description: Gain a broad understanding and appreciation for running. Acquire knowledge to establish a running program for a specific goal. Learn skills and concepts related to running and training for different events/races.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

FITN 102T Athletic Performance I

Description: Gain the basic knowledge to increase overall athleticism. Skills and concepts to perform multiple athletic skill tests, new ways to train and implementation into personal fitness programs.

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

Offered: FALL/SPR

Course and Laboratory Fee: \$40

FITN 103N Group Fitness

Notes: This class requires active participation.

Description: Covers a variety of Group Fitness formats including strength, aerobic, HIIT, and Mind and Body training. Participation in a variety of group fitness classes while simultaneously learning about the history and instruction techniques of the format.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

Course and Laboratory Fee: \$50

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: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

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**Grading Option:** Pass No Pass**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**Grading Option:** Pass No Pass**Course and Laboratory Fee:** \$115**FITN 106E Introduction to Cycling****Description:** Introduction to the world of beats-based and drill-based cycling. Focuses on building an aerobic base, how to monitor intensity, and add in high intensity interval training drills.**Credit Hours:** 1**Max credits per semester:** 1**Max credits per degree:** 2**Grading Option:** Pass No Pass**Course and Laboratory Fee:** \$40**FITN 108 Mindful Movement and Meditation for Stress Reduction I****Description:** Introduction to the exploration of mindful walking, yoga basics, qigong, and tai chi to build mind-body connection and breath awareness. Includes body scans, breathwork, anchoring, and guided imagery. Provides the foundation with additional deepening practices to reduce anxiety, build resilience, and promote well-being.**Credit Hours:** 1**Max credits per semester:** 1**Max credits per degree:** 1**Grading Option:** Pass No Pass**Prerequisite for:** FITN 118**FITN 110E Scuba Diving II****Credit Hours:** 0-1**Min credits per semester:****Max credits per semester:** 1**Max credits per degree:** 1**Grading Option:** Pass No Pass**Course and Laboratory Fee:** \$125**FITN 110G Swimming II****Credit Hours:** 0-1**Min credits per semester:****Max credits per semester:** 1**Max credits per degree:** 1**Grading Option:** Pass No Pass**FITN 110N Aerobic Swimming II****Credit Hours:** 0-1**Min credits per semester:****Max credits per semester:** 1**Max credits per degree:** 1**Grading Option:** Pass No Pass**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:** 0-1**Min credits per semester:****Max credits per semester:** 1**Max credits per degree:** 1**Grading Option:** Pass No Pass**Course and Laboratory Fee:** \$60**FITN 112B Physical Fitness II****Prerequisites:** FITN 102B or NUTR 100**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:** 0-1**Min credits per semester:****Max credits per semester:** 1**Max credits per degree:** 1**Grading Option:** Pass No Pass**Prerequisite for:** FITN 122B**Course and Laboratory Fee:** \$50**FITN 112D Weight Training II****Prerequisites:** FITN 102D**Description:** Learn advanced concepts of exercise programming for different modalities and goals of weight training and proficiency in programming for various fitness goals. This requires active participation in the weight room with prior training experience.**Credit Hours:** 1**Max credits per semester:** 1**Max credits per degree:** 2**Grading Option:** Pass No Pass**Prerequisite for:** FITN 122D**Course and Laboratory Fee:** \$50**FITN 112E Aerobics II****Credit Hours:** 0-1**Min credits per semester:****Max credits per semester:** 1**Max credits per degree:** 1**Grading Option:** Pass No Pass**FITN 112P Conditioning II****Credit Hours:** 0-1**Min credits per semester:****Max credits per semester:** 1**Max credits per degree:** 1**Grading Option:** Pass No Pass

**FITN 113N Group Exercise Instructor Prep**

Description: Provide theoretical knowledge and practical skills in preparation for a national certification exam in group fitness instruction. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the instructor-participant relationship, principles of motivation to encourage adherence in the group fitness setting, effective instructor-to-participant communication techniques, methods for enhancing group leadership, and the group fitness instructor's (GFI's) professional role.

Credit Hours: 2

Max credits per semester: 2

Max credits per degree: 4

Grading Option: Pass No Pass

Course and Laboratory Fee: \$95

FITN 118 Mindful Movement and Meditation for Stress Reduction II

Prerequisites: FITN 108 or similar experience

Description: Advances knowledge and skills in mindfulness movement and meditation for stress reduction. Will explore mindful walking, yoga basics, qigong, and tai chi to advance mind-body connection and breath awareness. Meditation techniques will include body scans, breathwork, anchoring, and guided imagery. Meditations and mindful movement will advance foundation with deepening practices in stress reduction to reduce anxiety, build resilience, and promote well-being.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

FITN 120E Scuba Diving III

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

Course and Laboratory Fee: \$155

FITN 120G Swimming III

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

FITN 120J Lifeguard Training

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

FITN 120N Aerobic Swimming III

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

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: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

Course and Laboratory Fee: \$60

FITN 120W Water Safety Instructor

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

Credit Hours: 0-2

Min credits per semester:

Max credits per semester: 2

Max credits per degree: 2

Grading Option: Pass No Pass

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: 0-2

Min credits per semester:

Max credits per semester: 2

Max credits per degree: 2

Grading Option: Pass No Pass

FITN 122D Weight Training III

Prerequisites: FITN 112D

Description: Learn the 2 movements in the sport of Olympic Lifting along with proper progression, technique and safety aspects of the sport.

This requires active participation in the weight room with prior training experience.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 2

Grading Option: Pass No Pass

Course and Laboratory Fee: \$50

FITN 122E Aerobics III

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

FITN 122P Conditioning III

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

FITN 130E Scuba Diving IV**Credit Hours:** 0-1**Min credits per semester:****Max credits per semester:** 1**Max credits per degree:** 1**Grading Option:** Pass No Pass**FITN 132B Physical Fitness IV****Prerequisites:** Permission.**Credit Hours:** 0-1**Min credits per semester:****Max credits per semester:** 1**Max credits per degree:** 1**Grading Option:** Pass No Pass**FITN 132D Weight Training IV****Credit Hours:** 0-1**Min credits per semester:****Max credits per semester:** 1**Max credits per degree:** 1**Grading Option:** Pass No Pass**FITN 132E Aerobics IV****Credit Hours:** 0-1**Min credits per semester:****Max credits per semester:** 1**Max credits per degree:** 1**Grading Option:** Pass No Pass**FITN 132P Conditioning IV****Credit Hours:** 0-1**Min credits per semester:****Max credits per semester:** 1**Max credits per degree:** 1**Grading Option:** Pass No Pass**FITN 140 Beginning Yoga**

Description: Learn the fundamentals of yoga, demonstrate yoga techniques, poses, breathing exercises and meditation/relaxation. Additionally, yoga's philosophy, ethics and lifestyle are covered. No prior yoga experience is required.

Credit Hours: 1**Max credits per semester:** 1**Max credits per degree:** 1**Grading Option:** Pass No Pass**Prerequisite for:** FITN 145**Course and Laboratory Fee:** \$50**FITN 142D Weight Training V**

Description: Basics of fatigue management and different recovery strategies to further optimize training towards fitness goals. Hands on experience utilizing recovery modalities alongside proper exercise programming.

Credit Hours: 0-1**Min credits per semester:****Max credits per semester:** 1**Max credits per degree:** 1**Grading Option:** Pass No Pass**Offered:** FALL/SPR**Course and Laboratory Fee:** \$40**FITN 145 Advanced Yoga****Prerequisites:** FITN 140

Description: Learn advanced concepts, yoga techniques, poses, breathing exercises and meditation/relaxation. Additionally, yoga's philosophy, ethics and lifestyle are covered. Prior yoga experience is recommended.

Credit Hours: 1**Max credits per semester:** 1**Max credits per degree:** 1**Grading Option:** Pass No Pass**Course and Laboratory Fee:** \$50**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**Grading Option:** Pass No Pass**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**Grading Option:** Pass No Pass**FITN 160 First Aid, CPR, and AED**

Description: The American Red Cross First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. This covers knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed.

Credit Hours: 1**Max credits per semester:** 1**Max credits per degree:** 1**Grading Option:** Pass No Pass**Course and Laboratory Fee:** \$55**FITN 165 Responding to Emergencies**

Description: Recognize and respond appropriately to cardiac, breathing and first aid emergencies for adults, children, and infants. Gain the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. Special consideration for pediatric and older adults is included.

Credit Hours: 2**Max credits per semester:** 2**Max credits per degree:** 2**Grading Option:** Pass No Pass**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**Grading Option:** Pass No Pass**Course and Laboratory Fee:** \$110

FITN 180 Intro to Personal and Group Exercise

Description: Introduction to fundamental strength and conditioning movement patterns, basic exercise program design, effective communication and cueing, as well as other concepts as they relate to Personal Training and Group Exercise instruction.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Graded

Course and Laboratory Fee: \$45

FITN 222 Intro to Personal Training

Description: Knowledge and understanding necessary to prepare for a Personal Trainer Certification Exam and become an effective personal trainer. Present a client-centered approach to personal training, individualized program design based on each client's unique health, fitness, and performance goals and philosophy for empowering clients to make behavioral changes to improve their health, fitness, and overall quality of life. How to implement concepts regarding fitness evaluations, flexibility and warm ups, exercise technique and program design for resistance training and cardiovascular training for broad clientele demographics.

Credit Hours: 2

Max credits per semester: 2

Max credits per degree: 2

Grading Option: Graded

Course and Laboratory Fee: \$40