

Personal Training

HEALTH 011

PRINCIPLES OF HEALTHFUL LIVING

Fall 2022

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety.

Transfer Credit: CSU (CSUGE Area E), UC, C-ID (PHS 100)

KIN 250-1

WEIGHT TRAINING SKILLS I-

Spring 2023

Students develop muscular strength and endurance using weight machines and free weights. They employ proper training techniques necessary to maintain personal fitness throughout the lifespan.

Transfer Credit: CSU (CSUGE Area E), UC

KIN 246

BODY SCULPTING SKILLS-

Summer 2023

Students learn techniques for body sculpting to achieve cardiovascular fitness, flexibility, muscle toning and endurance. Students will utilize exercise bands, core strength training on mats, weights, stability balls, medicine balls, kettle bells, and other activities are used to increase cardiac output and overall lean muscle mass.

Transfer Credit: CSU (CSUGE Area E), UC

KIN 328-1

BICYCLE SPINNING I-

Summer 2023

This course increases and helps maintain both cardiovascular endurance and leg strength through stationary bike workouts. Intensity is high and challenging. Resting and target heart rates are used to monitor improvements in the students' cardiovascular system.

Transfer Credit: CSU (CSUGE Area E), UC

For more info, please contact:

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