

KINT 036: Anatomy for Physical Fitness

This course provides students an opportunity to explore the human body as it relates to physical fitness and movement science. Basic kinesiology terms are explored along with muscles, bones, and joints. An in-depth analysis of proper posture of the spine and core musculature is included. This course is designed for students interested in becoming a personal trainer, and/or a fitness, Pilates, or Yoga instructor. Basic anatomy is introduced and provides students the opportunity to explore kinesiology as a field of study.

Pass/No Pass, Letter Grade

Units: 3

Lecture Hours: 48 – 54, **Lab Hours:** 0

Prerequisites: None

Co-Requisites: None

Advisory: None

Transferable to both UC and CSU