

---

# COURSES

## NONCREDIT KINESIOLOGY COURSES

---

### NKIN FCOA - Fitness Center for Older Adults

**1 units**

Individualized exercise program will be created for older adults based on training principles and personal goals. The following considerations for older adult populations will be incorporated: Maintaining bone density, improving balance, coordination, and mobility, as well as appropriate strength training exercises. Also, a health risk appraisal will be conducted. 54 hours laboratory.

- Credit - Degree Applicable
- Grading Option: Pass/No Pass/Satisfactory Progress