

NONCREDIT KINESIOLOGY

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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.

- Noncredit
- Grading Option: Pass/No Pass/Satisfactory Progress

NKIN SWOA - Swimming for Older Adults

54 hours

This is a fitness course designed for older adults to enhance their overall health and well-being through guided fitness swimming participation and education. This course is designed to teach and apply a variety of fitness and health concepts to increase cardiovascular fitness, efficiency in the water, and enhance overall health as it relates to the aging population. Emphasis will be on swimming within the aerobic target heart rate training zone. Instruction will also address hypertension and the prevention of adult type II diabetes. New and varying concepts will be addressed and applied each term. This course is taught in a pool with a minimum depth of 7 ft. Students should possess basic swimming (minimum of 25 yards) and water safety skills. 12 hours lecture, 42 hours laboratory.

- Noncredit
- Grading Option: Pass/No Pass