

EHEA 539 – SEQUENTIAL MUSCLE TECHNIQUE FOR THE OLDER ADULT – **CIRCUIT TRAINING** – **TICKET # 22290**

This is a screenshot for informational purposes. See online Emeritus Spring 2022 Class Schedule for more information.

All ▾ 22290

Spring 2022

EHEA 539 - SEQUENTIAL MUSCLE TECHNIQUE FOR THE OLDER ADULT (EI)

UNITS: 0

This sequential muscle strengthening course is designed primarily for the older adult. The course focuses on achieving and maintaining ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies that emphasize sequential muscle strengthening techniques.

Full Term: 1/18/2022 to 5/25/2022

TICKET	SEAT COUNT	DAY	TIME
22290 ● OPEN ADD TO CART	Open Seats: 45	T Th	8:00AM - 8:50AM

The above class will emphasize CIRCUIT TRAINING. This is an online synchronous course. There are required live-stream meetings during all of the days/times that are on the course schedule. To learn more about online classes, visit: www.saddleback.edu/oe. Watch this video for help to reset your password and/or how to access Canvas and ConferZoom: <https://bit.ly/emeritus-canvas>.

ZERO TEXTBOOK COST There is no cost for textbooks for this class.

Class Details

EHEA 539 - SEQUENTIAL MUSCLE TECHNIQUE FOR THE OLDER ADULT (EI)

1/18/2022 to 5/25/2022 (16.6 weeks)

Ticket # 22290 ● OPEN **ADD TO CART**

DAY	TIME	INSTRUCTOR(S)	LOCATION	UNITS	INFO
T Th	8:00AM - 8:50	L. Roostee lroostee@saddleback.edu	EL-Internet (Off Campus)	0	BOOKS

Seat Count

TOTAL	ENROLLED	OPEN	WAITLIST
45	0	45	0

Instructor Comment

Students will need their own exercise band and 1-5lb free-weights.

Important Information

The above class will emphasize CIRCUIT TRAINING. This is an online synchronous course. There are required live-stream meetings during all of the days/times that are on the course schedule. To learn more about online classes, visit: www.saddleback.edu/oe. Watch this video for help to reset your password and/or how to access Canvas and ConferZoom: <https://bit.ly/emeritus-canvas>.

ZERO TEXTBOOK COST There is no cost for textbooks for this class.

Catalog Description

Through a sequential muscle strengthening lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies that emphasize sequential muscle strengthening fitness techniques