

EHEA 539 – SEQUENTIAL MUSCLE TECHNIQUE FOR THE OLDER ADULT – **CIRCUIT TRAINING** – **TICKET # 22595**

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

All ▾ 22595

Spring 2022

EHEA 539 - SEQUENTIAL MUSCLE TECHNIQUE FOR THE OLDER ADULT
UNITS: 0
This sequential muscle strengthening course is designed primarily for the older adult. The course focuses on body composition, illness and injury prevention through lectures, discussions, and demonstrations of sequential muscle strengthening techniques.

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

TICKET	SEAT COUNT	DAY	TIME
22595 ● OPEN ADD TO CART	Open Seats: 44	T Th	11:00AM - 11:50AM

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.

Spring 2022

Class Details

EHEA 539 - SEQUENTIAL MUSCLE TECHNIQUE FOR THE OLDER ADULT (EI) 1/18/2022 to 5/25/2022 (16.6 weeks)

Ticket # 22595 ● OPEN

ADD TO CART

Seat Count**Instructor Comment**
Students will need exercise bands 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