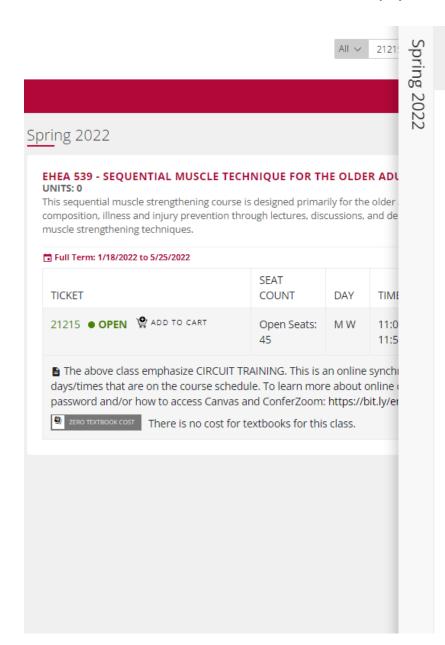
EHEA 539 - SEQUENTIAL MUSCLE TECHNIQUE FOR THE OLDER ADULT - CIRCUIT TRAINING - TICKET # 21215

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



Class Details

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

Ticket # 21215 • OPEN



DAY	TIME	INSTRUCTOR(S)	LOCATION	UNITS	INFO
M W	11:00AM - 11:50	■ B. McReynolds ■ bmcreynolds@saddleback.edu	EL-Internet (Off Campus)	0	₿ j BOOKS

Seat Count

TOTAL	ENROLLED	OPEN	WAITLIST
45	0	45	0

Instructor Comment

Students will need access to their own exercise bands and 1-5lb free weights.

Important Information

■ The above class 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.



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