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## Athletics (ATHL)

**ATHL 008**                      **Post-Season Athletic Condition**                      **(0.5 - 3)**

*Class Hours:* 175 Laboratory

*Transfers to:* UC/CSU

Post-Season Athletic Conditioning

ATHL 008 is designed to provide sport-specific training, conditioning skills and technique. There is a focus on basic concepts with an emphasis on conditioning and weight training.