

COURSE DESCRIPTIONS

KINESIOLOGY

KINE 1100 COLOR GUARD I

Format: 3 lab (1 credit hour)

3 lab (1 Cr.) This course is designed for students in the performing color guard group. It performs primarily at community and civic events, football games, and pep rallies. Membership is by audition.

Credits: 1

Distribution: KINE

KINE 1101 AEROBICS I

Format: 3 lab (1 credit hour)

Aerobically fit students interested in maintaining fitness level. Three activity hours per week. One hour credit.

Prerequisite: KINE 1101

Credits: 1

Distribution: KINE

KINE 1102 AEROBICS II

Format: 3 lab (1 credit hour)

Aerobically fit students interested in maintaining fitness level. Three activity hours per week.

Prerequisite: KINE 1101

Credits: 1

Distribution: KINE

KINE 1103 COLOR GUARD II

Format: 3 lab (1 credit hour)

This course is designed for students in the performing color guard group. It performs primarily at community and civic events, football games, and pep rallies. Membership is by audition.

Credits: 1

Distribution: KINE

KINE 1104 BOWLING I

Format: 3 lab (1 credit hour)

Fundamentals of bowling skills strategies and scoring. Three activity hours per week.

Credits: 1

Distribution: KINE

KINE 1105 BOWLING II

Format: 3 lab (1 credit hour)

Develop proficiency of bowling skills for students with basic knowledge of bowling fundamentals. Three activity hours per week.

Prerequisite: KINE 1104

Credits: 1

Distribution: KINE

KINE 1106 CHEERLEADING I

Format: 3 lab (1 credit hour)

Varsity sport (Audition)

Credits: 1

Distribution: KINE

Offered: Fall Only

KINE 1107 CHEERLEADING II

Format: 3 lab (1 credit hour)

Varsity sport (Audition)

Credits: 1

Distribution: KINE

Offered: Spring Only

KINE 1108 BOXING I

Format: 3 lab (1 credit hour)

Boxing is a coeducational class designed to assist the student in the improvement of cardiovascular fitness, muscular endurance, muscular strength, flexibility, and body composition while learning and improving boxing skills.

Credits: 1

Distribution: KINE

KINE 1109 BOXING II

Format: 3 lab (1 credit hour)

Intermediate-level fitness course focusing on maintaining cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition while learning and improving intermediate-level boxing skills.

Prerequisite: KINE 1108

Credits: 1

Distribution: KINE

KINE 1110 FITNESS DANCE I

Format: 3 lab (1 credit hour)

This course is an aerobic workout course designed to improve cardiovascular endurance, flexibility, strength, and body composition through dance. Instructor approval for cheerleading and dance team sections.

Credits: 1

Distribution: KINE

KINE 1111 FITNESS DANCE II

Format: 3 lab (1 credit hour)

This course is an aerobic workout course designed to improve cardiovascular endurance, flexibility, strength, and body composition through dance. Instructor approval for cheerleading and dance team sections.

Credits: 1

Distribution: KINE

KINE 1112 GOLF I

Format: 3 lab (1 credit hour)

To develop competency in fundamental golf skills and to understand and apply rules, regulations and safety concepts in golf play.

Credits: 1

Distribution: KINE

KINE 1113 GOLF II

Format: 3 lab (1 credit hour)

Exhibit competency in intermediate golf skills.

Prerequisite: KINE 1112

Credits: 1

Distribution: KINE

KINE 1114 JOGGING I

Format: 3 lab (1 credit hour)

Develop cardiovascular endurance, flexibility and strength through jogging, stretching, and weight training. Physical fitness assessment leads to development of an individual fitness program.

Credits: 1

Distribution: KINE

Course Fee: Internet course fee (if applicable): \$43

KINE 1115 JOGGING II

Format: 3 lab (1 credit hour)

Maintain cardiovascular fitness. Training principles for distance running and marathons.

Prerequisite: KINE 1114

Credits: 1

Distribution: KINE

Course Fee: Internet course fee (if applicable): \$43

KINE 1116 MARTIAL ARTS I

Format: 3 lab (1 credit hour)

Martial arts form that stresses physical fitness and self defense.

Credits: 1

Distribution: KINE

KINE 1117 MARTIAL ARTS II

Format: 3 lab (1 credit hour)

Demonstrate techniques of karate and mastery of intermediate karate skills.

Prerequisite: KINE 1116

Credits: 1

Distribution: KINE

KINE 1118 RAQUETBALL I

Format: 3 lab (1 credit hour)

Selecting equipment and safety gear for racquetball. Serving skills and basic shots for recreational play. Three hours per week.

Credits: 1

Distribution: KINE

KINE 1119 RAQUETBALL II

Format: 3 lab (1 credit hour)

Intermediate serving, stroke skills, and strategy for singles and doubles play.

Prerequisite: KINE 1118

Credits: 1

Distribution: KINE

KINE 1120 VARSITY WOMEN'S SOCCER I

Format: 3 lab (1 credit hour)

Varsity Sport- Consent of instructor.

Credits: 1

Distribution: KINE

Offered: Fall Only

KINE 1121 VARSITY WOMEN'S SOCCER II

Format: 3 lab (1 credit hour)

Varsity Sport- Consent of instructor.

Credits: 1

Distribution: KINE

Offered: Spring Only

KINE 1122 SWIMMING I

Format: (1 credit hour)

Beginning-level instruction in basic strokes, freestyle, breaststroke, and backstroke. Emphasis on survival skills, floating, emergency procedures.

Credits: 1

Distribution: KINE

KINE 1123 SWIMMING II

Format: (1 credit hour)

Intermediate-level instruction in improving basic strokes. Development of intermediate strokes sidestroke butterfly competitive turns. Emphasis on cardiovascular conditioning lap swimming.

Prerequisite: KINE 1122

Credits: 1

Distribution: KINE

KINE 1124 TENNIS I

Format: (1 credit hour)

Stroke techniques for recreational play including groundstrokes volleys overhands and serves. Terminology scoring and historical background of tennis.

Credits: 1

Distribution: KINE

KINE 1125 TENNIS II

Format: (1 credit hour)

Intermediate skills for serving drop shots doubles and singles tournament play.

Prerequisite: KINE 1124

Credits: 1
Distribution: KINE

KINE 1126 VARSITY BASEBALL I

Format: 3 lab (1 credit hour)
Varsity sport - Consent of instructor.
Credits: 1
Distribution: KINE
Offered: Fall Only

KINE 1127 VARSITY BASEBALL II

Format: 3 lab (1 credit hour)
Varsity sport - Consent of instructor.
Credits: 1
Distribution: KINE
Offered: Spring Only

KINE 1128 VARSITY BASKETBALL I

Format: 3 lab (1 credit hour)
Varsity sport- Consent of instructor.
Credits: 1
Distribution: KINE
Offered: Fall Only

KINE 1129 VARSITY BASKETBALL II

Format: 3 lab (1 credit hour)
Varsity sport- Consent of instructor.
Credits: 1
Distribution: KINE
Offered: Spring Only

KINE 1130 VARSITY FOOTBALL I

Format: 3 lab (1 credit hour)
Varsity sport. Focuses on on-field practice drills film study skill refinement etc. Consent of instructor.
Credits: 1
Distribution: KINE
Offered: Fall Only

KINE 1131 VARSITY FOOTBALL II

Format: 3 lab (1 credit hour)
Varsity sport. Focuses on on-field practice drills film study skill refinement etc. Consent of instructor required.
Credits: 1
Distribution: KINE
Offered: Spring Only

KINE 1132 WALK-ON SKILLS ALL SPORTS I

Format: 3 lab (1 credit hour)
Consent of instructor.
Credits: 1
Distribution: KINE
Offered: Fall Only

KINE 1133 WALK-ON SKILLS ALL SPORTS II

Format: 3 lab (1 credit hour)
Consent of instructor.
Credits: 1
Distribution: KINE
Offered: Spring Only

KINE 1134 STRENGTH AND CONDITIONING FOR ALL WALK-ON SPORTS I

Format: 3 lab (1 credit hour)
Consent of instructor.
Credits: 1

Distribution: KINE

Offered: Fall Only

KINE 1135 STRENGTH AND CONDITIONING FOR ALL WALK-ON SPORTS II

Format: 3 lab (1 credit hour)

Consent of instructor.

Credits: 1

Distribution: KINE

Offered: Spring Only

KINE 1136 WEIGHTLIFTING I

Format: 3 lab (1 credit hour)

Principles of weight training including progression specificity overload through an individualized program of basic exercises to improve strength endurance and flexibility of major muscle groups.

Credits: 1

Distribution: KINE

KINE 1137 WEIGHTLIFTING II

Format: 3 lab (1 credit hour)

Intermediate applications of principles of progression specificity and overload.

Prerequisite: KINE 1136.

Credits: 1

Distribution: KINE

KINE 1138 CARDIOKICKBOXING I

Format: 3 lab (1 credit hour)

A vigorous fitness class focusing on improving cardiovascular endurance. Stresses health-related fitness through the teaching of kickboxing skills.

Credits: 1

Distribution: KINE

KINE 1139 CARDIOKICKBOXING II

Format: 3 lab (1 credit hour)

Intermediate-level fitness course focusing on maintaining cardiovascular endurance. Intermediate kickboxing skills.

Prerequisite: KINE 1138

Credits: 1

Distribution: KINE

KINE 1140 VARSITY VOLLEYBALL I

Format: 3 lab (1 credit hour)

Varsity Sport (Consent of instructor)

Credits: 1

Distribution: KINE

Offered: Fall

KINE 1141 VARSITY VOLLEYBALL II

Format: 3 lab (1 credit hour)

Varsity Sport (Consent of instructor)

Credits: 1

Distribution: KINE

Offered: Spring Only

KINE 1142 SPECIAL TOPICS

Format: 3 lab (1 credit hour)

Activity. Specific focus of study to be determined on semester basis. Prerequisite for KINE 2142:1142.

Credits: 1

Distribution: KINE

KINE 1143 PILATES

Format: 3 lab (1 credit hour)

A body conditioning routine that helps build flexibility strength endurance and coordination. Prerequisite for 2143: 1143.

Credits: 1

Distribution: KINE

KINE 1144 VARSITY SOFTBALL I

Format: 3 lab (1 credit hour)
 Varsity Sport (Consent of instructor)
Credits: 1
Distribution: KINE
Offered: Fall Only

KINE 1145 VARSITY SOFTBALL II

Format: 3 lab (1 credit hour)
 Varsity Sport (Consent of instructor)
Credits: 1
Distribution: KINE
Offered: Spring

KINE 1146 FITNESS WALKING I

Format: 3 lab (1 credit hour)
 Designed to help develop cardiovascular endurance and leads to development of an individual fitness program. Prerequisite for 1147: KINE 1146.
Credits: 1
Distribution: KINE
Course Fee: Internet course fee (if applicable): \$43

KINE 1147 FITNESS WALKING II

Format: 3 lab (1 credit hour)
 Designed to help develop cardiovascular endurance and leads to development of an individual fitness program. Prerequisite for 1147: KINE 1146.
Credits: 1
Distribution: KINE
Course Fee: Internet course fee (if applicable): \$43

KINE 1148 INTRODUCTION TO HATHA YOGA

Format: 3 lab (1 credit hour)
 Practice of yogic postures or "asana " defined as the physical positioning that coordinates breathing with moving and holding still for the purpose of strengthening parts of the body.
Credits: 1
Distribution: KINE

KINE 1149 INTERMEDIATE HATHA YOGA

Format: 3 lab (1 credit hour)
 The refinement of the asanas (postures) covered in KINE 1148 with emphasis on breath work. Introduces more advanced asanas emphasis on integrating yoga into daily routines at home and work.
Prerequisite: KINE 1148
Credits: 1
Distribution: KINE

KINE 1164 INTRODUCTION TO PHYSICAL FITNESS AND WELLNESS

Format: 3 lab (1 credit hour)
 This course will provide an overview of the lifestyle necessary for fitness and health. Students will participate in physical activities and assess their fitness status. Students will be introduced to proper nutrition, weight management, cardiovascular health, flexibility, and strength training.
Credits: 1
Distribution: KINE
Course Fee: Internet course fee (if applicable): \$43

KINE 1301 FOUNDATION OF KINESIOLOGY

Format: 3 lecture (3 credit hours)
 The purpose of this course is to provide students with an introduction to human movement that includes the historical development of physical education exercise science and sport. This course offers the student both an introduction to the knowledge base as well as information on expanding career opportunities.
Credits: 3
Distribution: KINE
Course Fee: Internet course fee (if applicable): \$43

KINE 1304 Personal/Community Health

3 lec (3 Cr.) This course provides an introduction to the fundamentals concepts strategies applications and contemporary trends related to understanding personal and/or community health issues. This course also focuses on empowering various populations with the ability to practice healthy living promote healthy lifestyles and enhance individual well-being.

Credits: 3

Distribution: KINE

Course Fee: Internet course fee (if applicable): \$43

KINE 1306 FIRST AID

Format: 3 lecture (3 credit hours)

Instruction and practice for emergency care. Designed to enable students to recognize and avoid hazards within their environment to render intelligent assistance in case of accident or sudden illness and to develop skills necessary for the immediate and temporary care of the victim. Successful completion of the course may enable the student to receive a certificate from a nationally recognized agency.

Credits: 3

Distribution: KINE

Course Fee: Internet course fee (if applicable): \$43

KINE 1308 SPORTS OFFICIATING

Format: 3 lecture (3 credit hours)

The purpose of the course is to study officiating requirements for sports and games with an emphasis on mechanics rule interpretation and enforcement.

Credits: 3

Distribution: KINE

Course Fee: Internet course fee (if applicable): \$43

KINE 1331 PHYSICAL EDUCATION FOR ELEMENTARY EDUCATION MAJORS

Format: 3 lecture (3 credit hours)

An overview of the program of activities in elementary school physical education. Includes the study and practice of activities and principles that promote physical fitness with an emphasis on historical development philosophical implications physical fitness and kinesiology.

Credits: 3

Distribution: KINE

KINE 1338 CONCEPTS OF PHYSICAL FITNESS

Format: 2 lecture / 2 lab (3 credit hours)

This course is designed to familiarize students with knowledge understanding and values of health related fitness and its influence on the quality of life emphasizing the development and implementation of fitness programs.

Credits: 3

Distribution: KINE

Course Fee: Internet course fee (if applicable): \$43

KINE 1346 DRUG USE & ABUSE

Format: 3 lecture (3 credit hours)

Study of the use misuse and abuse of drugs and other harmful substances in today's society. Physiological sociological pharmacological and psychological factors will be emphasized.

Credits: 3

Distribution: KINE

KINE 2100 COLOR GUARD III

Format: 3 lab (1 credit hour)

This course is designed for students in the performing color guard group. It performs primarily at community and civic events, football games, and pep rallies. Membership is by audition.

Credits: 1

Distribution: KINE

KINE 2103 COLOR GUARD IV

Format: 3 lab (1 credit hour)

This course is designed for students in the performing color guard group. It performs primarily at community and civic events, football games, and pep rallies. Membership is by audition.

Credits: 1

Distribution: KINE

KINE 2106 CHEERLEADING III

Format: 3 lab (1 credit hour)

Varsity sport (Audition)

Credits: 1

Distribution: KINE

Offered: Fall Only

KINE 2107 CHEERLEADING IV

Format: 3 lab (1 credit hour)

Varsity sport (Audition)

Credits: 1

Distribution: KINE

Offered: Spring Only

KINE 2110 FITNESS DANCE III

Format: 3 lab (1 credit hour)

This course is an aerobic workout course designed to improve cardiovascular endurance, flexibility, strength, and body composition through dance. Instructor approval for cheerleading and dance team sections.

Credits: 1

Distribution: KINE

KINE 2111 FITNESS DANCE IV

Format: 3 lab (1 credit hour)

This course is an aerobic workout course designed to improve cardiovascular endurance, flexibility, strength, and body composition through dance. Instructor approval for cheerleading and dance team sections.

Credits: 1

Distribution: KINE

KINE 2120 VARSITY WOMEN'S SOCCER III

Format: 3 lab (1 credit hour)

Varsity Sport (Consent of instructor)

Credits: 1

Distribution: KINE

Offered: Fall Only

KINE 2121 VARSITY WOMEN'S SOCCER IV

Format: 3 lab (1 credit hour)

Varsity Sport (Consent of instructor)

Credits: 1

Distribution: KINE

Offered: Spring Only

KINE 2126 VARSITY BASEBALL III

Format: 3 lab (1 credit hour)

Varsity sport. (Consent of instructor)

Credits: 1

Distribution: KINE

Offered: Fall Only

KINE 2127 VARSITY BASEBALL IV

Format: 3 lab (1 credit hour)

Varsity sport. (Consent of instructor)

Credits: 1

Distribution: KINE

Offered: Spring Only

KINE 2128 VARSITY BASKETBALL III

Format: 3 lab (1 credit hour)

Varsity sport. (Consent of instructor)

Credits: 1

Distribution: KINE

Offered: Fall Only

KINE 2129 VARSITY BASKETBALL IV

Format: 3 lab (1 credit hour)
Varsity sport. (Consent of instructor)
Credits: 1
Distribution: KINE
Offered: Spring Only

KINE 2130 VARSITY FOOTBALL III

Format: 3 lab (1 credit hour)
Varsity sport. Focuses on on-field practice drills film study skill refinement etc. Consent of instructor required.
Credits: 1
Distribution: KINE
Offered: Fall Only

KINE 2131 VARSITY FOOTBALL IV

Format: 3 lab (1 credit hour)
Varsity sport. Focuses on on-field practice drills film study skill refinement etc. Consent of instructor required.
Credits: 1
Distribution: KINE
Offered: Spring Only

KINE 2132 WALK-ON SKILLS ALL SPORTS III

Format: 3 lab (1 credit hour)
Consent of instructor.
Credits: 1
Distribution: KINE
Offered: Fall Only

KINE 2133 WALK-ON SKILLS ALL SPORTS IV

Format: 3 lab (1 credit hour)
Consent of instructor.
Credits: 1
Distribution: KINE
Offered: Spring Only

KINE 2134 STRENGTH AND CONDITIONING FOR ALL WALK-ON SPORTS III

Format: 3 lab (1 credit hour)
Consent of instructor.
Credits: 1
Distribution: KINE
Offered: Fall Only

KINE 2135 STRENGTH AND CONDITIONING FOR ALL WALK-ON SPORTS IV

Format: 3 lab (1 credit hour)
Consent of instructor.
Credits: 1
Distribution: KINE
Offered: Spring Only

KINE 2136 WEIGHTLIFTING III

Format: 3 lab (1 credit hour)
Principles of weight training including progression specificity overload through an individualized program of basic exercises to improve strength endurance and flexibility of major muscle groups. Consent of instructor required. One hour credit.
Prerequisite: KINE 1137
Credits: 1
Distribution: KINE
Offered: Fall Only

KINE 2137 WEIGHTLIFTING IV

Format: 3 lab (1 credit hour)
Principles of weight training including progression specificity overload through an individualized program of basic exercises to improve strength endurance and flexibility of major muscle groups. Varsity sport. Consent of instructor required. One hour credit.

Prerequisite: KINE 2136

Credits: 1

Distribution: KINE

KINE 2140 VARSITY VOLLEYBALL III

Format: 3 lab (1 credit hour)

Varsity Sport (Consent of instructor)

Credits: 1

Distribution: KINE

Offered: Fall Only

KINE 2141 VARSITY VOLLEYBALL IV

Format: 3 lab (1 credit hour)

Varsity Sport (Consent of instructor)

Credits: 1

Distribution: KINE

Offered: Spring Only

KINE 2142 SPECIAL TOPICS

Format: 3 lab (1 credit hour)

Activity. Specific focus of study to be determined on semester basis. Prerequisite for KINE 2142:1142.

Credits: 1

Distribution: KINE

KINE 2143 PILATES

Format: 3 lab (1 credit hour)

A body conditioning routine that helps build flexibility strength endurance and coordination. Prerequisite for 2143: 1143.

Credits: 1

Distribution: KINE

KINE 2144 VARSITY SOFTBALL III

Format: 3 lab (1 credit hour)

Varsity Sport (Consent of instructor)

Credits: 1

Distribution: KINE

Offered: Fall Only

KINE 2145 VARSITY SOFTBALL IV

Format: 3 lab (1 credit hour)

Varsity Sport (Consent of instructor)

Credits: 1

Distribution: KINE

Offered: Spring Only

KINE 2356 CARE & PREVENTION OF ATHLETIC INJURIES

Format: 3 lecture (3 credit hours)

Prevention and care of athletic injuries with emphasis on qualities of a good athletic trainer avoiding accidents and injuries recognizing signs and symptoms of specific sports injuries and conditions immediate and long-term care of injuries and administration procedures in athletic training.

Credits: 3

Distribution: KINE

Offered: Spring Only

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