COURSES

KINESIOLOGY

KINE 1100 COLOR GUARD I

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

Course Fee
Lab fee: $10

KINE 1101 AEROBICS I

3 lab (1 Cr.) Aerobically fit students interested in maintaining fitness level. Three activity hours per week. One hour credit. Prerequisite: KINE 1101.

Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 1102 AEROBICS II

3 lab (1 Cr.) Aerobically fit students interested in maintaining fitness level. Three activity hours per week. Prerequisite: KINE 1101.

Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 1103 COLOR GUARD II

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

Course Fee
Lab fee: $10

KINE 1104 BOWLING I

3 lab (1 Cr.) Fundamentals of bowling skills strategies and scoring. Three activity hours per week.

Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 1105 BOWLING II

3 lab (1 Cr.) 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

Course Fee
Lab fee: $10

KINE 1106 CHEERLEADING I

3 lab (1 Cr.) Varsity sport (Audition)

Credits
1

Distribution
KINE

Offered
Fall Only

Course Fee
Lab fee: $10

KINE 1107 CHEERLEADING II

3 lab (1 Cr.) Varsity sport (Audition)

Credits
1

Distribution
KINE

Offered
Spring Only

Course Fee
Lab fee: $10

KINE 1108 BOXING I

3 lab (1 Cr.) 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

Course Fee
Lab fee: $10

KINE 1109 BOXING II

3 lab (1 Cr.) 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

Course Fee
Lab fee: $10

KINE 1110 FITNESS DANCE I

3 lab (1 Cr.) 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

Course Fee
Lab fee: $10

KINE 1111 FITNESS DANCE II

3 lab (1 Cr.) 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

Course Fee
Lab fee: $10

KINE 1112 GOLF I

3 lab (1 Cr.) To develop competency in fundamental golf skills and to understand and apply rules, regulations and safety concepts in golf play.

Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 1113 GOLF II

3 lab (1 Cr.) Exhibit competency in intermediate golf skills. Prerequisite: KINE 1112.

Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 1114 JOGGING I

3 lab (1 Cr.) 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): $38, Lab fee: $10

KINE 1115 JOGGING II

3 lab (1 Cr.) Maintain cardiovascular fitness. Training principles for distance running and marathons. Prerequisite: KINE 1114.

Credits
1

Distribution
KINE

Course Fee
Internet course fee (if applicable): $38, Lab fee: $10

KINE 1116 MARTIAL ARTS I

3 lab (1 Cr.) Martial arts form that stresses physical fitness and self defense.
Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 1117 MARTIAL ARTS II

3 lab (1 Cr.) Demonstrate techniques of karate and mastery of intermediate karate skills. Prerequisite: KINE 1116.
Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 1118 RAQUETBALL I

3 lab (1 Cr.) Selecting equipment and safety gear for racquetball. Serving skills and basic shots for recreational play. Three hours per week.
Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 1119 RAQUETBALL II

3 lab (1 Cr.) Intermediate serving, stroke skills, and strategy for singles and doubles play. Prerequisite: KINE 1118.
Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 1120 VARSITY WOMEN'S SOCCER I

3 lab (1 Cr.) Varsity Sport- Consent of instructor.
Credits
1

Distribution
KINE

Offered
Fall Only

Course Fee
Lab fee: $10

KINE 1121 VARSITY WOMEN'S SOCCER II

3 lab (1 Cr.) Varsity Sport- Consent of instructor.

Credits
1

Distribution
KINE

Offered
Spring Only

Course Fee
Lab fee: $10

KINE 1122 SWIMMING I

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

Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 1123 SWIMMING II

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

Course Fee
Lab fee: $10

KINE 1124 TENNIS I

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

Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 1125 TENNIS II

Intermediate skills for serving drop shots doubles and singles tournament play. Prerequisite: KINE 1124.

Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 1126 VARSITY BASEBALL I

3 lab (1 Cr.) Varsity sport - Consent of instructor.

Credits
1

Distribution
KINE

Offered
Fall Only

Course Fee
Lab fee: $10

KINE 1127 VARSITY BASEBALL II

3 lab (1 Cr.) Varsity sport - Consent of instructor.

Credits
1

Distribution
KINE

Offered
Spring Only

Course Fee
Lab fee: $10

KINE 1128 VARSITY BASKETBALL I

3 lab (1 Cr.) Varsity sport- Consent of instructor.

Credits
1

Distribution
KINE

Offered
Fall Only

Course Fee
Lab fee: $10

KINE 1129 VARSITY BASKETBALL II

3 lab (1 Cr.) Varsity sport- Consent of instructor.

Credits
1

Distribution
KINE

Offered
Spring Only

Course Fee
Lab fee: $10

KINE 1130 VARSITY FOOTBALL I

3 lab (1 Cr.) Varsity sport. Focuses on on-field practice drills film study skill refinement etc. Consent of instructor.

Credits
1

Distribution
KINE

Offered
Fall Only

Course Fee
Lab fee: $10

KINE 1131 VARSITY FOOTBALL II

3 lab (1 Cr.) Varsity sport. Focuses on on-field practice drills film study skill refinement etc. Consent of instructor required.

Credits
1

Distribution
KINE

Offered
Spring Only

Course Fee
Lab fee: $10

KINE 1132 WALK-ON SKILLS ALL SPORTS I

3 lab (1 Cr.) Consent of instructor.

Credits
1

Distribution
KINE

Offered
Fall Only

Course Fee
Lab fee: $10

KINE 1133 WALK-ON SKILLS ALL SPORTS II

3 lab (1 Cr.) Consent of instructor.

Credits
1

Distribution
KINE

Offered
Spring Only

Course Fee
Lab fee: $10

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

3 lab (1 Cr.) Consent of instructor.

Credits
1

Distribution
KINE

Offered
Fall Only

Course Fee
Lab fee: $10

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

3 lab (1 Cr.) Consent of instructor.

Credits
1

Distribution
KINE

Offered
Spring Only

Course Fee
Lab fee: $10

KINE 1136 WEIGHTLIFTING I

3 lab (1 Cr.) 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

Course Fee
Lab fee: $10

KINE 1137 WEIGHTLIFTING II

3 lab (1 Cr.) Intermediate applications of principles of progression specificity and overload. Prerequisite: KINE 1136.

Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 1138 CARDIOKICKBOXING I

3 lab (1 Cr.) A vigorous fitness class focusing on improving cardiovascular endurance. Stresses health-related fitness through the teaching of kickboxing skills.

Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 1139 CARDIOKICKBOXING II

3 lab (1 Cr.) Intermediate-level fitness course focusing on maintaining cardiovascular endurance. Intermediate kickboxing skills. Prerequisite: KINE 1138.

Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 1140 VARSITY VOLLEYBALL I

3 lab (1 Cr.) Varsity Sport (Consent of instructor)

Credits
1

Distribution
KINE

Offered
Fall Only

Course Fee
Lab fee: $10

KINE 1141 VARSITY VOLLEYBALL II

3 lab (1 Cr.) Varsity Sport (Consent of instructor)

Credits
1

Distribution
KINE

Offered
Spring Only

Course Fee
Lab fee: $10

KINE 1142 SPECIAL TOPICS

3 lab (1 Cr.) Activity. Specific focus of study to be determined on semester basis. Prerequisite for KINE 2142:1142.

Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 1143 PILATES

3 lab (1 Cr.) A body conditioning routine that helps build flexibility strength endurance and coordination. Prerequisite for 2143: 1143.

Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 1144 VARSITY SOFTBALL I

3 lab (1 Cr.) Varsity Sport (Consent of instructor)

Credits
1

Distribution
KINE

Offered
Fall Only

Course Fee
Lab fee: $10

KINE 1145 VARSITY SOFTBALL II

3 lab (1 Cr.) Varsity Sport (Consent of instructor)

Credits
1

Distribution
KINE

Offered
Spring Only

Course Fee
Lab fee: $10

KINE 1146 FITNESS WALKING I

3 lab (1 Cr.) 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): $38, Lab fee: $10

KINE 1147 FITNESS WALKING II

3 lab (1 Cr.) 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): $38, Lab fee: $10

KINE 1148 INTRODUCTION TO HATHA YOGA

3 lab (1 Cr.) 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

Course Fee
Lab fee: $10

KINE 1149 INTERMEDIATE HATHA YOGA

3 lab (1 Cr.) 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

Course Fee
Lab fee: $10

KINE 1164 INTRODUCTION TO PHYSICAL FITNESS AND WELLNESS

3 lab. (1 Cr.) 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

Course Fee
Internet course fee (if applicable): $38, Lab fee: $10

KINE 1301 FOUNDATION OF KINESIOLOGY

3 lec (3 Cr.) 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): $38

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): $38

KINE 1306 FIRST AID

3 lec (3 Cr.) 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): $38

KINE 1308 SPORTS OFFICIATING

3 lec (3 Cr.) 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): $38

KINE 1331 PHYSICAL EDUCATION FOR ELEMENTARY EDUCATION MAJORS

3 lec (3 Cr.) 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

2 lec/2 lab (3 Cr.) 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): $38, Lab fee: $10

KINE 1346 DRUG USE & ABUSE

3 lec (3 Cr.) 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

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

Course Fee
Lab fee: $10

KINE 2103 COLOR GUARD IV

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

Course Fee
Lab fee: $10

KINE 2106 CHEERLEADING III

3 lab (1 Cr.) Varsity sport (Audition)

Credits
1

Distribution
KINE

Offered
Fall Only

Course Fee
Lab fee: $10

KINE 2107 CHEERLEADING IV

3 lab (1 Cr.) Varsity sport (Audition)

Credits
1

Distribution
KINE

Offered
Spring Only

Course Fee
Lab fee: $10

KINE 2110 FITNESS DANCE III

3 lab (1 Cr.) 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

Course Fee
Lab fee: $10

KINE 2111 FITNESS DANCE IV

3 lab (1 Cr.) 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

Course Fee
Lab fee: $10

KINE 2120 VARSITY WOMEN'S SOCCER III

3 lab (1 Cr.) Varsity Sport (Consent of instructor)

Credits
1

Distribution
KINE

Offered
Fall Only

Course Fee
Lab fee: $10

KINE 2121 VARSITY WOMEN'S SOCCER IV

3 lab (1 Cr.) Varsity Sport (Consent of instructor)

Credits
1

Distribution
KINE

Offered
Spring Only

Course Fee
Lab fee: $10

KINE 2126 VARSITY BASEBALL III

3 lab (1 Cr.) Varsity sport. (Consent of instructor)

Credits
1

Distribution
KINE

Offered
Fall Only

Course Fee
Lab fee: $10

KINE 2127 VARSITY BASEBALL IV

3 lab (1 Cr.) Varsity sport. (Consent of instructor)

Credits
1

Distribution
KINE

Offered
Spring Only

Course Fee
Lab fee: $10

KINE 2128 VARSITY BASKETBALL III

3 lab (1 Cr.) Varsity sport. (Consent of instructor)

Credits
1

Distribution
KINE

Offered
Fall Only

Course Fee
Lab fee: $10

KINE 2129 VARSITY BASKETBALL IV

3 lab (1 Cr.) Varsity sport. (Consent of instructor)

Credits
1

Distribution
KINE

Offered
Spring Only

Course Fee
Lab fee: $10

KINE 2130 VARSITY FOOTBALL III

3 lab (1 Cr.) Varsity sport. Focuses on on-field practice drills film study skill refinement etc. Consent of instructor required.

Credits
1

Distribution
KINE

Offered
Fall Only

Course Fee
Lab fee: $10

KINE 2131 VARSITY FOOTBALL IV

3 lab (1 Cr.) Varsity sport. Focuses on on-field practice drills film study skill refinement etc. Consent of instructor required.

Credits
1

Distribution
KINE

Offered
Spring Only

Course Fee
Lab fee: $10

KINE 2132 WALK-ON SKILLS ALL SPORTS III

3 lab (1 Cr.) Consent of instructor.

Credits
1

Distribution
KINE

Offered
Fall Only

Course Fee
Lab fee: $10

KINE 2133 WALK-ON SKILLS ALL SPORTS IV

3 lab (1 Cr.) Consent of instructor.

Credits
1

Distribution
KINE

Offered
Spring Only

Course Fee
Lab fee: $10

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

3 lab (1 Cr.) Consent of instructor.

Credits
1

Distribution
KINE

Offered
Fall Only

Course Fee
Lab fee: $10

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

3 lab (1 Cr.) Consent of instructor.

Credits
1

Distribution
KINE

Offered
Spring Only

Course Fee
Lab fee: $10

KINE 2136 WEIGHTLIFTING III

3 lab (1 Cr.) 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

Course Fee
Lab fee: $10

KINE 2137 WEIGHTLIFTING IV

3 lab (1 Cr.) 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

Course Fee
Lab fee: $10

KINE 2140 VARSITY VOLLEYBALL III

3 lab (1 Cr.) Varsity Sport (Consent of instructor)

Credits
1

Distribution
KINE

Offered
Fall Only

Course Fee
Lab fee: $10

KINE 2141 VARSITY VOLLEYBALL IV

3 lab (1 Cr.) Varsity Sport (Consent of instructor)

Credits
1

Distribution
KINE

Offered
Spring Only

Course Fee
Lab fee: $10

KINE 2142 SPECIAL TOPICS

3 lab (1 Cr.) Activity. Specific focus of study to be determined on semester basis. Prerequisite for KINE 2142:1142.

Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 2143 PILATES

3 lab (1 Cr.) A body conditioning routine that helps build flexibility strength endurance and coordination. Prerequisite for 2143: 1143.

Credits
1

Distribution
KINE

Course Fee
Lab fee: $10

KINE 2144 VARSITY SOFTBALL III

3 lab (1 Cr.) Varsity Sport (Consent of instructor)

Credits
1

Distribution
KINE

Offered
Fall Only

Course Fee
Lab fee: $10

KINE 2145 VARSITY SOFTBALL IV

3 lab (1 Cr.) Varsity Sport (Consent of instructor)

Credits
1

Distribution
KINE

Offered
Spring Only

Course Fee
Lab fee: $10

KINE 2356 CARE & PREVENTION OF ATHLETIC INJURIES

3 lec (3 Cr.) 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