

KINESIOLOGY (KINE)

◆KINE 1100

Fitness Walking

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0
This introductory physical activity course focuses on the aerobic sport of brisk, rhythmic, vigorous walking, intended to improve cardiovascular efficiency, strengthen the heart, control weight, and reduce stress.

Prerequisite: None.

◆KINE 1101

Fitness and Motor Development I

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0
This introductory physical activity course focuses on the basic principles, concepts, fundamental skills and applications of cardiovascular training and conditioning. Students are introduced to individual aerobic fitness activities, including walking, jogging, running, biking, etc. Emphasis is placed on safety, developing a basic cognitive understanding of the related aspects of exercise science, enhancing psychomotor skills, reinforcing and integrating the components of fitness/wellness, and exploring associated educational resources. Promoting the activity as an enjoyable, practical and viable life-long fitness or recreational endeavor is stressed.

Prerequisite: Kinesiology majors only.

◆KINE 1103

Weight Training and Conditioning I

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0
This introductory physical activity course focuses on the basic principles, concepts, fundamental skills, and applications of weight training and conditioning. Students are introduced to individual anaerobic fitness activities, including muscle strength training, muscle endurance training, and muscle power training—using both machine and free-weights. Emphasis is placed on safety, developing a basic cognitive understanding of the related aspects of exercise science, enhancing psychomotor skills, reinforcing and integrating the components of fitness/wellness, and exploring associated educational resources. Promoting the activity as an enjoyable, practical and viable life-long fitness or recreational endeavor is stressed.

Prerequisite: None.

◆KINE 1104

Weight Training and Conditioning II

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0
This physical activity course focuses on the advanced knowledge and applications of resistance (weight) training, including circuit training, interval training, power lifting, Olympic weight lifting, body-building and plyometrics. Emphasis is placed on safety, enhanced cognitive/skill development, advanced training/conditioning regimens, fitness evaluations, and comprehensive fitness program development. Promoting the activity as an enjoyable, practical and viable lifelong fitness or recreational endeavor is stressed.

Prerequisite: KINE 1103 or permission from the Instructor.

◆KINE 1105

Badminton

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0
This course covers the history, rules, basic strokes and strategies in singles and doubles play emphasized through intra-class competition.

Prerequisite: None.

◆KINE 1107

Basketball I

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0
This introductory physical activity course focuses on fundamental knowledge, skills, and strategies of the (team) sport of basketball. Students are introduced to basketball history, terminology, rules, individual skills (dribbling, passing, shooting, guarding, etc.) and half-court team play (offense & defense). Emphasis is placed on safety, developing psychomotor skills, reinforcing and integrating the components of fitness/wellness, and exploring associated educational resources. Promoting the activity (sport) as an enjoyable, practical and viable life-long fitness or recreational endeavor is stressed.

Prerequisite: None.

◆KINE 1109

Bowling I

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0
This introductory physical activity course focuses on fundamental knowledge, skills, and strategies of the sport of bowling. Students are introduced to bowling history, terminology, rules, scoring, basic individual skills (ball selection, the grip, arm/foot positioning, the approach, arm back swing, forward arm swing, release, follow through, etc.) and competitive play. Emphasis is placed on safety, developing psychomotor skills, reinforcing and integrating the components of fitness/wellness, and exploring associated educational resources. Promoting the activity (sport) as an enjoyable, practical and viable life-long fitness or recreational endeavor is stressed.

Prerequisite: None.

◆KINE 1110

Bowling II

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0
This physical activity course focuses on the advanced knowledge and applications of the sport of bowling, including team play and competition. Emphasis is placed on safety, enhanced skill development, advanced training/conditioning drills, sport/fitness assessments, and exploring associated educational resources. Promoting the activity (sport) as an enjoyable, practical and viable life-long fitness or recreational endeavor is stressed.

Prerequisite: KINE 1109 or permission from the Instructor.

◆KINE 1111

Flag Football I

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0
This introductory physical activity course focuses on fundamental knowledge, skills, and strategies of the sport of flag football. Students are introduced to flag football history, terminology, rules, scoring, basic individual skills (passing, receiving, running plays, blocking, defending, kicking, punting, etc.) and team play. Emphasis is placed on safety, developing psychomotor skills, reinforcing and integrating the components of fitness/wellness, and exploring associated educational resources. Promoting the activity (sport) as an enjoyable, practical and viable life-long fitness or recreational endeavor is stressed.

Prerequisite: None.

◆KINE 1113

Golf I

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0
This introductory physical activity course focuses on fundamental knowledge, skills, and strategies of the sport of golf. Basic golf skills will be addressed (proper grip, stance, posture, full swing, putting and approach shots). The course is conducted at the driving range.

Prerequisite: None.

◆KINE 1114

Golf II

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0

This physical activity course focuses on the advanced knowledge and applications of the sport of golf, including special shots/conditions, sand/rough play, strategies to improve the golf score/handicap, playing 18 holes of golf, and competitive play. Emphasis is placed on safety, enhanced skill development, advanced training/conditioning drills, selection of equipment, club play, sport/fitness assessments, and exploring associated educational resources. Promoting the activity (sport) as an enjoyable, practical and viable lifelong fitness or recreational endeavor is stressed.

Prerequisite: KINE 1113 or permission from the Instructor.

◆KINE 1115

Karate I

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0

This introductory physical activity course focuses on the basic principles, concepts, fundamental skills, and applications of the discipline of karate. Students are introduced to karate history, terminology, customs, basic skills (breathing, stances, blocks, falls, roles, punches, strikes, kicks, smashes, etc.) fundamental strategies/tactics, and kata. Emphasis is placed on safety, conditioning, enhancing psychomotor skills, reinforcing and integrating the components of fitness/wellness, and exploring associated educational resources. Promoting the activity as an enjoyable, practical and viable life-long fitness or recreational endeavor is stressed.

Prerequisite: None.

◆KINE 1116

Karate II

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0

This physical activity course focuses on the advanced knowledge and applications of the discipline of karate training, including kata, sparing, weapons, conditioning, etc. Emphasis is placed on safety, enhanced cognitive/skill development, advanced training/conditioning regimens, fitness evaluations, belt ranking requirements, and kumite competitions. Promoting the activity as an enjoyable, practical and viable life-long fitness or recreational endeavor is stressed.

Prerequisite: KINE 1115 or permission from the Instructor.

◆KINE 1119

Racquetball I

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0

This introductory physical activity course focuses on fundamental knowledge, skills, and strategies of the sport of racquetball. Students are introduced to racquetball history, terminology, rules, scoring, basic individual skills (strokes, serves, returns, smash, kill shot, wall/multi-wall shots, etc.)—while playing singles. Emphasis is placed on safety, developing psychomotor skills, reinforcing and integrating the components of fitness/wellness and exploring associated educational resources. Promoting the activity (sport) as an enjoyable, practical and viable life-long fitness or recreational endeavor is stressed.

Prerequisite: None.

◆KINE 1120

Racquetball II

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0

This physical activity course focuses on the advanced knowledge and applications of the sport of racquetball, including advanced shots, doubles play/strategies, cut throat play, and competitive (tournament) play. Emphasis is placed on safety, enhanced skill development, advanced training/conditioning drills, sport/fitness assessments, and exploring associated educational resources. Promoting the activity (sport) as an enjoyable, practical and viable lifelong fitness or recreational endeavor is stressed.

Prerequisite: KINE 1119 or permission from the Instructor.

◆KINE 1121

Soccer I

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0

This introductory physical activity course focuses on fundamental knowledge, skills, and strategies of the sport of soccer. Students are introduced to soccer history, terminology, rules, scoring, basic individual skills (dribbling, shielding, turning, kicking, juggling, receiving, heading, goal keeping, throwing, catching, etc.) and team play. Emphasis is placed on safety, developing psychomotor skills, reinforcing and integrating the components of fitness/wellness, and exploring associated educational resources. Promoting the activity (sport) as an enjoyable, practical and viable life-long fitness or recreational endeavor is stressed.

Prerequisite: None.

◆KINE 1123

Softball I

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0

This introductory physical activity focuses on fundamental knowledge and skills of softball. Students are introduced to softball history, terminology, rules, scoring, basic individual skills (throwing, catching, hitting, fielding, etc.) and team play. Emphasis is placed on safety, developing psychomotor skills, reinforcing and integrating the components of fitness/wellness, and exploring associated educational resources. Promoting the activity (sport) as an enjoyable, practical and viable life-long fitness or recreational endeavor is stressed.

Prerequisite: None.

◆KINE 1125

Swimming I

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0

This introductory physical activity course focuses on the basic principles, concepts, fundamental skills, and applications of swimming. Students are introduced to basic individual skills, including various strokes and kicks, breathing, turning, etc. Emphasis is placed on safety, developing a basic cognitive understanding of the related aspects of exercise science, enhancing psychomotor skills, reinforcing and integrating the components of fitness/wellness, and exploring associated educational resources. Promoting the activity as an enjoyable, practical and viable life-long fitness or recreational endeavor is stressed.

Prerequisite: None.

◆KINE 1126

Swimming II

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0

This physical activity course focuses on the advanced knowledge and applications of swimming. Emphasis is placed on safety, enhanced cognitive/skill development, advanced training/conditioning regimens, fitness evaluations, and comprehensive fitness program development. Promoting the activity as an enjoyable, practical and viable life-long fitness or recreational endeavor is stressed.

Prerequisite: KINE 1125 or permission from the Instructor.

◆KINE 1127

Tennis I

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0
This introductory physical activity course focuses on fundamental knowledge, skills, and strategies of the (team) sport of tennis. Students are introduced to tennis history, terminology, rules, individual skills (foot positioning, strokes, serves, returns, volleys, etc.), and singles play. Emphasis is placed on safety, developing psychomotor skills, reinforcing and integrating the components of fitness/wellness, and exploring associated educational resources. Promoting the activity (sport) as an enjoyable, viable life-long fitness or recreational endeavor is stressed.

Prerequisite: None.

◆KINE 1128

Tennis II

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0
This physical activity course focuses on the advanced knowledge and applications of the (team) sport of tennis, including backhand strokes, smash, drop shot, power shot, power serve, doubles play, etc. Emphasis is placed on safety, enhanced skill development, advanced training/conditioning drills, sport/fitness assessments, and exploring associated educational resources. Promoting the activity (sport) as an enjoyable, practical and viable life-long fitness or recreational endeavor is stressed.

Prerequisite: KINE 1127 or permission from the Instructor.

◆KINE 1129

Volleyball I

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0
This introductory physical activity course focuses on fundamental knowledge, skills, and strategies of the sport of volleyball. Students are introduced to volleyball history, terminology, rules, scoring, basic individual skills (serving, passing, setting, blocking, hitting, etc.) and team play. Emphasis is placed on safety, developing psychomotor skills, reinforcing and integrating the components of fitness/wellness, and exploring associated educational resources. Promoting the activity (sport) as an enjoyable, practical and viable life-long fitness or recreational endeavor is stressed.

Prerequisite: None.

◆KINE 1131

Yoga and Flexibility Training

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0
This introductory physical activity course focuses on the basic principles, concepts, fundamental skills, and applications of the discipline of yoga. Students are introduced to yoga history, terminology, philosophy, flexibility training, basic yoga postures, breathing/relaxation techniques, musculoskeletal anatomy/physiology, etc. Emphasis is placed on exploring associated educational resources and promoting the activity as an enjoyable, practical and viable life-long fitness or recreational endeavor.

Prerequisite: None.

◆KINE 1132

Self Defense and Personal Safety

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0
This introductory physical activity course focuses on the basic principles, concepts, fundamental skills, and applications of the discipline of self-defense. Students are introduced to self-defense history, terminology, applicable statistics, basic self-defense skills, fundamental strategies/tactics, physical conditioning techniques/applications, and first aid techniques, etc. Emphasis is placed on the exploration and identification of associated self-defense resources.

Prerequisite: None.

◆KINE 1133

Outdoor Adventure Training

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0
This introductory physical activity and adventure training course focuses on the basic principles, concepts, fundamental skills, and applications of outdoor adventure training. Students are introduced to various outdoor adventure training activities, such as backpacking, hiking, orienteering, camping, survival skills, competitive adventure activities, etc. Emphasis is placed on physical conditioning, exploring associated educational resources, and promoting the activities as an enjoyable, practical and viable life-long fitness or recreational endeavors.

Prerequisite: None.

◆KINE 1149

Team Sports I

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0
This specialized physical activity course focuses on advanced knowledge, skills, and strategies of competitive team sports. Emphasis is placed on teamwork, leadership development, cultural growth, moral growth, physical development, social development and intellectual development. Promoting the competitive activity (sport) as an enjoyable, practical and viable life-long fitness or recreational endeavor is stressed.

Prerequisite: None.

◆KINE 1150

Team Sports II

CRT HRS:1 LEC HRS:0 LAB HRS:3 OTH HRS:0
This specialized physical activity course focuses on advanced knowledge, skills, and strategies of competitive team sports. Emphasis is placed on teamwork, leadership development, cultural growth, moral growth, physical development, social development and intellectual development. Promoting the competitive activity (sport) as an enjoyable, practical and viable lifelong fitness or recreational endeavor is stressed.

Prerequisite: None.

◆KINE 1164

Introduction to Physical Fitness and Wellness

CRT HRS:1 LEC HRS:1 LAB HRS:0 OTH HRS:0
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.

Prerequisite: None.

◆KINE 1210

Aerobic Dance I

CRT HRS:2 LEC HRS:1 LAB HRS:2 OTH HRS:0
This introductory physical activity course focuses on the fundamental skills and applications of aerobic dance. Students are introduced to various forms of aerobic dance, including low impact step, low impact slide, etc. Emphasis is placed on safety, developing psychomotor skills, reinforcing and integrating the components of fitness/wellness, and exploring associated educational resources. Promoting the activity as an enjoyable, practical and viable life-long fitness or recreational endeavor is stressed.

Prerequisite: None.

◆KINE 1211

Aerobic Dance II

CRT HRS:2 LEC HRS:1 LAB HRS:2 OTH HRS:0

This physical activity course focuses on the advanced knowledge and applications of aerobic dance training, including a combination of advanced moves and the integration of various types of aerobic dance. Emphasis is placed on safety, enhanced skill development, advanced training/conditioning regimens, fitness evaluations, exploring associated educational resources, and developing choreographed routines. Promoting the activity as an enjoyable, practical and viable life-long fitness or recreational endeavor is stressed.

Prerequisite: KINE 1210 or permission from the Instructor.

◆KINE 1301

Foundations of Kinesiology

CRT HRS:3 LEC HRS:3 LAB HRS:0 OTH HRS:0

The purpose of this course is to provide students with an overview of the disciplinary knowledge that includes the historical development of physical education, kinesiology, exercise science, and sport. This course offers the student both an introduction to the knowledge base, as well as information on expanding career opportunities.

Prerequisite: None.

◆KINE 1304

Personal/Community Health

CRT HRS:3 LEC HRS:3 LAB HRS:0 OTH HRS:0

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.

Prerequisite: None.

◆KINE 1306

First Aid

CRT HRS:3 LEC HRS:3 LAB HRS:0 OTH HRS:0

This course provides 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.

Prerequisite: None.

◆KINE 1308

Sports Officiating

CRT HRS:3 LEC HRS:3 LAB HRS:0 OTH HRS:0

This course is designed to teach the skills of sports officiating with an emphasis on knowledge of the rules, game management, and the role of the sports official in maintaining fair play and sportsmanship. Communication, decision making, conflict management skills, and game safety will all be covered.

Prerequisite: None.

◆KINE 1321

Principles of Athletic Coaching

CRT HRS:3 LEC HRS:3 LAB HRS:0 OTH HRS:0

This course is designed to present foundational knowledge and management skills essential for coaching. Emphasis is on a comprehensive approach to the foundations and theories of coaching including development of a philosophy, objectives, coaching for character, coaching diverse athletes, and motivational techniques. Rules and terminology of competitive sports will be covered.

Prerequisite: None.

◆KINE 1331

Physical Education for Elementary Education Majors

CRT HRS:3 LEC HRS:3 LAB HRS:0 OTH HRS:0

This course covers physical education for elementary education majors. It includes an orientation to the field of kinesiology, physical fitness and sport, vocational opportunities, and a detailed analysis of fundamental principles, content, and curriculum of the elementary school kinesiology program.

Prerequisite: None.

◆KINE 1336

Introduction to Recreation

CRT HRS:3 LEC HRS:3 LAB HRS:0 OTH HRS:0

This course is an introduction to the recreation and sport management professions including philosophical and foundational perspectives, underlying concepts, and advancement for the future. Orientation to the variety of services, settings, and relationship to public, private, not for profit, and government organizations. Current trends and an overview of career opportunities will be addressed.

Prerequisite: None.

◆KINE 1338

Concepts of Physical Fitness

CRT HRS:3 LEC HRS:3 LAB HRS:0 OTH HRS:0

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.

Prerequisite: None.

◆KINE 1346

Drug Use & Abuse

CRT HRS:3 LEC HRS:3 LAB HRS:0 OTH HRS:0

This course focuses on the study of the use and abuse of drugs and other harmful substances in today's society from historical and contemporary perspectives. Emphasis is placed on the physiological, sociological, economic, psychological, medical, ethical, and legal factors associated with substance abuse. Particular attention and study will be devoted to the impact of alcohol, tobacco, narcotics, and sports enhancement drugs on various segments of society. An overview of intervention and treatment programs will also be explored.

Prerequisite: None.