

# KINESIOLOGY (KINE)

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## ◆KINE 1100

### **Fitness Walking**

CRT HRS:0 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 is an orientation to the field of physical fitness and sport. It includes the study and practice of activities and principles that promote physical fitness.

*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

This course provides an orientation to the field of kinesiology, its scope, organization of professional activities, vocational opportunities and professional qualifications.

*Prerequisite: None.*

◆KINE 1304

**Personal/Community Health I**

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

This course is a survey of factors involved in human physical and psychological wellness. Disorders arising from mutagenic, teratogenic infections, environment and lifestyle behaviors will be studied.

*Prerequisite: None.*

◆KINE 1306

**First Aid**

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

This course provides basic knowledge for safe and effective living. The essential aspects of home, work, motor vehicle and public safety will be covered. Both theoretical and practical aspects of emergency care will be included. Standard First Aid, Personal Safety and Cardio-Pulmonary Resuscitation (CPR) are covered. Certification upon completion of the course is based upon American Red Cross standards.

*Prerequisite: None.*

◆KINE 1308

**Sports Officiating I**

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

This course provides an introduction to the theory, strategy, terminology, rules and applications of sports officiating for team sports with certification as the intended outcome. Emphasis is placed on the importance of physical conditioning and increasing student knowledge/appreciation of basketball, football, baseball, softball, and other appropriate sports. Promoting the course as an enjoyable, practical and viable life-long fitness or recreational avocation is stressed.

*Prerequisite: None.*

◆KINE 1321

**Coaching/Sports/Athletics I**

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

This course provides instruction in fundamental skills of coaching, organization of practices, and handling of teams during competitive seasons of sport. Emphasis is placed on the ability of the coach to teach and exercise leadership. Topics include the history, theories, and philosophies of competitive sports.

*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 I**

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

This course covers the fundamental theory and concepts of recreational activities with an emphasis on skill development, programs, planning, fitness and leadership. Emphasis will be on backpacking, cycling, orienteering, swimming, and rock climbing.

*Prerequisite: None.*

◆KINE 1338

**Concepts of Physical Fitness**

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

This course covers the concepts and use of selected physiological variables of fitness, individual testing and consultation and the organization of sports and 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.*