

# KINESIOLOGY (KINE)

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**KINE-1111. Conditioning and Weight Trainingj. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Fundamental instruction in conditioning and weight training. Lab fee.

**KINE-1114. Aerobics and Physical Fitnessj. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Implementation of different activities designed to maintain and develop a student's current level of physical fitness. Lab fee.

**KINE-1115. Bowling. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Fundamental instruction and practice in bowling skills. Lab fee.

**KINE-1116. Cardettes, Band & Cheerleadersj. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Designed for all students who have been selected in any of the three athletic related organizations. Includes marching band, drill team and cheerleaders who have completed a tryout, and are chosen on the basis of advanced skill in these areas. Lab fee.

**KINE-1117. Cardettes, Band & Cheerleadersj. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Designed for all students who have been selected in any of the three athletic related organizations. Includes marching band, drill team and cheerleaders who have completed a tryout, and are chosen on the basis of advanced skill in these areas. Lab fee.

**KINE-1118. Golf. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. An individual sports skill course. The emphasis of this course is in the instruction and practices of beginning golf techniques and skills. The student will be introduced to the rules, strategy, scoring and safety aspects needed to enjoy the game of golf. Lab fee.

**KINE-1120. Golf. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. An individual sports skill course. The emphasis of this course is in the instruction and practices of beginning golf techniques and skills. The student will be introduced to the rules, strategy, scoring and safety aspects needed to enjoy the game of golf. Lab fee.

**KINE-1121. Tennis/Badminton. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W.

**KINE-1122. Competitive Sports Skillsj. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Designed for students who have been selected for varsity competition. Advanced techniques, skills and methods are introduced to the student. Lab fee.

**KINE-1123. Competitive Sports Skillsj. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Designed for students who have been selected for varsity competition. Advanced techniques, skills and methods are introduced to the student. Lab fee.

**KINE-1131. Conditioning and Weight Trainingj. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Fundamental instruction in conditioning and weight training. Lab fee.

**KINE-1134. Aerobics and Physical Fitnessj. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Implementation of different activities designed to maintain and develop a student's current level of physical fitness. Lab fee.

**KINE-1135. Bowling. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Fundamental instruction and practice in bowling skills. Lab fee.

**KINE-1136. Cardettes, Band & Cheerleadersj. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Designed for all students who have been selected in any of the three athletic related organizations. Includes marching band, drill team and cheerleaders who have completed a tryout, and are chosen on the basis of advanced skill in these areas. Lab fee.

**KINE-1137. Cardettes, Band & Cheerleadersj. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Designed for all students who have been selected in any of the three athletic related organizations. Includes marching band, drill team and cheerleaders who have completed a tryout, and are chosen on the basis of advanced skill in these areas. Lab fee.

**KINE-1142. Competitive Sports Skillsj. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Designed for students who have been selected for varsity competition. Advanced techniques, skills and methods are introduced to the student. Lab fee.

**KINE-1143. Competitive Sports Skillsj. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Designed for students who have been selected for varsity competition. Advanced techniques, skills and methods are introduced to the student. Lab fee.

**KINE-1164. Intro to Physical Fitness & Wellness. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. 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.

**KINE-1238. Introduction to Physical Fitness & Sportĳ. (2 Credits)**

(2-1-2) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Orientation to the field of physical fitness and sport. Includes the study and practice of activities and principles that promote physical fitness. Focus on the fundamentals of developing a healthy lifestyle including the effects of disease and mortality in the United States, the effects of physical activity and fitness levels on health, nutrition, and health problems such as obesity, low back pain and arthritis. Lab fee.

**KINE-1301. Foundations of Kinesiologyĳ. (3 Credits)**

(3-3-0) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Provides 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.

**KINE-1304. Personal/Community Healthĳ. (3 Credits)**

(3-3-0) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. 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.

**KINE-1306. First Aidĳ. (3 Credits)**

(3-3-0) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. 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. All students will have an opportunity to seek certification in CPR, First Aid and AED.

**KINE-1308. Sports Officiating ĳ. (3 Credits)**

(3-3-1) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Development of the basic knowledge necessary for officiating volleyball and football. Students will study rules and practice appropriate signals to enable them to have the skills to officiate these sports. Lab fee.

**KINE-1321. Coaching/Sports/Athleticsĳĳ. (3 Credits)**

(3-3-0) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Study of the history, theories, philosophies, rules and terminology of competitive sports. Includes coaching techniques.

**KINE-1331. Physical Education for Elementary Education Majorsĳ. (3 Credits)**

(3-3-0) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. 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.

**KINE-1338. Concepts of Physical Fitness. (3 Credits)**

(3-3-0) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Familiarizes 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.

**KINE-1346. Drug Use and Abuse. (3 Credits)**

(3-3-0) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. 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.

**KINE-2111. Conditioning and Weight Training. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Fundamental instruction in conditioning and weight training. Lab fee.

**KINE-2114. Aerobics and Physical Fitness. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Implementation of different activities designed to maintain and develop a student's current level of physical fitness. Lab fee.

**KINE-2118. Golf. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. An individual sports skill course. The emphasis of this course is in the instruction and practices of beginning golf techniques and skills. The student will be introduced to the rules, strategy, scoring and safety aspects needed to enjoy the game of golf. Lab fee.

**KINE-2120. Golf. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. An individual sports skill course. The emphasis of this course is in the instruction and practices of beginning golf techniques and skills. The student will be introduced to the rules, strategy, scoring and safety aspects needed to enjoy the game of golf. Lab fee.

**KINE-2131. Conditioning and Weight Training. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Fundamental instruction in conditioning and weight training. Lab fee.

**KINE-2134. Aerobics and Physical Fitness. (1 Credit)**

(1-0-3) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. Implementation of different activities designed to maintain and develop a student's current level of physical fitness. Lab fee.

**KINE-2356. Care & Prevention of Athletic Injuries. (3 Credits)**

(3-3-0) This course is taken for academic credit. Students will earn an A, B, C, D, F, or W. 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. Participation and observation in a directly supervised clinical experience on and/or off campus is a requirement for this course.