

MOVEMENT & SPORT SCIENCES DIVISION

Contact Information

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Introduction to the Movement and Sport Sciences Division

In the Movement and Sport Sciences Division, students engage in programs that promote the development and appreciation of the human body and its tremendous potential, as well as gain an understanding of the relationship between positive lifestyle choices and long-term improvements in health and well-being. According to the Bureau of Labor Statistics, Leisure, Fitness and Recreation Services rank just behind Health Care and High Technology as expanding career fields for the 21st century. Education, therapeutic exercise, geriatric wellness, health and fitness leadership, sports training, coaching, athletic medicine, sports and fitness communication and commercial fitness are areas in which most graduates in the Movement and Sport Sciences programs seek career opportunities. Our graduates also go on to be successful in a variety of allied health fields that are clinically-oriented, diverse, and that place an emphasis on research-based practice. Additional avenues that open to graduates include positions in service agencies, private athletic and recreation clubs, recreation organizations, corporate fitness programs, commercial and summer camps, and sporting goods companies. Many students choose to go on to graduate school.

Majors Offered

- Kinesiology with emphasis in Exercise Science/Health Occupations
- Kinesiology with emphasis in Health and Fitness
- Kinesiology with emphasis in Sports Studies
- Kinesiology with emphasis in Coaching
- Kinesiology with Teacher Certification in K-12 Physical Education and 6-12 Health (co-curricular degree with the Teacher Education Division)
- Sport Administration (co-curricular degree with the Business Division)
- Exercise Science (co-curricular degree with the Natural Science and Mathematics Division)
- Sports Media Studies (co-curricular degree with the Humanities Division)

Program Outcomes

Exercise Science Program Outcomes

A student who graduates with a degree in Exercise Science will be **well-prepared** to:

1. Use and interpret formal and informal assessment strategies to advance individual performance and determine the effectiveness of a prescribed exercise program;
2. Apply skills and knowledge within a professional allied health setting, integrating ethical standards and best practices in the field;
3. Create programs and learning environments that encourage positive social interaction, active engagement, and self-motivation;
4. Interact in a professional, effective manner with colleagues, families, and community agencies to support growth and well-being of programs and participants;
5. Design and conduct a research project, analyze and interpret data, and present findings both orally and in writing.

Sport Administration Program Outcomes

A student who graduates with a degree in Sport Administration will be **well-prepared** to:

1. Understand the roles and responsibilities of a sport manager at different performance and participation levels;
2. Understand how business management principles apply to sport business and industry;
3. Understand how the culture of sport influences sport business and industry;
4. Design and conduct a research project, analyze and interpret data, and present findings both orally and in writing.

Sports Media Studies Program Outcomes

A student who graduates with a degree in Sport Media Studies will be **well-prepared** to:

1. Communicate effectively both orally and in writing;
2. Demonstrate critical thinking, analysis, and problem-solving skills through original research;

3. Understand the connections between sport and the media;
4. Design and conduct a research project, analyze and interpret data, and present findings both orally and in writing.

Kinesiology Program Outcomes (by emphasis area)

Exercise Science/Health Occupations

A student who graduates with a degree in Kinesiology: Exercise Science/Health Occupations will be **well-prepared** to:

1. Use and interpret formal and informal assessment strategies to advance individual performance and determine the effectiveness of a prescribed exercise program;
2. Apply skills and knowledge within a professional allied health setting, integrating ethical standards and best practices in the field;
3. Create programs and learning environments that encourage positive social interaction, active engagement, and self-motivation;
4. Design and conduct a research project, analyze and interpret data, and present findings both orally and in writing.

Health & Fitness

A student who graduates with a degree in Kinesiology: Health & Fitness will be **well-prepared** to:

1. Demonstrate practical skills focused on health and wellness through positive behavior change in chosen professional health field;
2. Apply skills and knowledge within a variety of health and wellness facilities, integrating ethical standards and best practices in their professional lives;
3. Design and conduct a research project, analyze and interpret data, and present findings both orally and in writing.

Sport Studies

A student who graduates with a degree in Kinesiology: Sport Studies will be **well-prepared** to:

1. Understand the role of sport in American society;
2. Understand sports and physical activity from historical, psychological, sociological, and philosophical perspectives;
3. Design and conduct a research project, analyze and interpret data, and present findings both orally and in writing.

Coaching

A student who graduates with a degree in Kinesiology: Coaching will be **well-prepared** to:

1. Understand the roles and responsibilities of a coach in different performance and participation contexts;
2. Conduct practice sessions and prepare for competition;
3. Create a positive and inclusive sport environment;
4. Create a developmentally appropriate, safe sport environment;
5. Design and conduct a research project, analyze and interpret data, and present findings both orally and in writing.

KINESIOLOGY with teacher certification in K-12 Physical Education and 6-12 Health

A student who graduates with a degree in Kinesiology with Teacher Certification in K-12 Physical Education and 6-12 Health will be **well prepared** to:

1. Understand how learners grow and develop, recognizing that patterns of learning and development vary individually within and across the cognitive, linguistic, social, emotional, and physical areas, and design and implement developmentally appropriate and challenging learning experiences.
2. Use an understanding of individual differences and diverse cultures and communities to ensure inclusive learning environments that enable each learner to meet high standards.
3. Work with others to create environments that support individual and collaborative learning, and that encourage positive social interaction, active engagement in learning, and self motivation.
4. Understand the central concepts, tools of inquiry, and structures of the discipline(s) he or she teaches and create learning experiences that make the discipline accessible and meaningful for learners to assure mastery of the content.
5. Understand how to connect concepts and use differing perspectives to engage learners in critical thinking, creativity, and collaborative problem solving related to authentic local and global issues.
6. Understand and use multiple methods of assessment to engage learners in their own growth, to monitor learner progress, and to guide the teacher's and learner's decision making.
7. Plan instruction that supports every student in meeting rigorous learning goals by drawing upon knowledge of content areas, curriculum, cross-disciplinary skills, and pedagogy, as well as knowledge of learners and the community context.
8. Understand and use a variety of instructional strategies to encourage learners to develop deep understanding of content areas and their connections, and to build skills to apply knowledge in meaningful ways.
9. Engage in ongoing professional learning and use evidence to continually evaluate his/her practice, particularly the effects of his/her choices and actions on others (learners, families, other professionals, and the community), and adapt practice to meet the needs of each learner.

10. Seek appropriate leadership roles and opportunities to take responsibility for student learning, to collaborate with learners, families, colleagues, other school professionals, and community members to ensure learner growth, and to advance the profession.

Assessment

Kinesiology with EMPHASIS areas, Sport Administration, Exercise Science, and Sports MEDIA STUDIES degrees:

Students graduating with a degree in Kinesiology (non-teaching) must complete the following in addition to the required coursework:

1. Senior Exit Exam: As a culminating activity prior to graduation, seniors must take a comprehensive oral content knowledge exam.
2. Senior Research Project: Seniors must complete an independent research project that includes a review of the related literature, collection and analysis of data, and a final oral presentation.

Kinesiology: PE K-12 and Health 6-12 teaching degree:

Students seeking Physical Education K-12/Health 6-12 endorsements must complete the following in addition to the required coursework:

1. Praxis Exams: Candidates must pass Praxis II exams #5091 and #5551 prior to beginning their internship.
2. Candidates must successfully demonstrate competency in using technology to enhance instruction.
3. Portfolio: Teacher certification candidates must demonstrate that they have the knowledge, skills and dispositions needed to be effective classroom teachers and to positively impact student learning. Development of the portfolio is a yearlong endeavor. During a candidate's internship experience, he/she collects, organizes, and displays evidence that he/she is able to meet the standards required for completion of the LCSC Teacher Education Program.
4. Exit Interview: As a final evaluation on an intern's ability to demonstrate the professional competencies required by the program, she/he must pass an exit interview. An on-site teacher-educator who is familiar with the intern's capabilities and a second representative from the LCSC Teacher Education program also participates in the exit interview.

Admission Requirements

Kinesiology: PE K-12 and Health 6-12 teaching degree:

A separate and specific admission process is required for entrance into the Teacher Education program. See Teacher Education Division (<http://www.lcsc.edu/education/home/>) section for requirements.

Advising

Students are assigned a faculty advisor based on their specific major or emphasis area. Students in co-curricular majors (Exercise Science, Sport Administration, Sport Media Studies) will have two advisors—one from the Movement and Sport Sciences Division and one from the Academic division that shares the major.

Minors, Certificates, Transfer Programs

Minors:

- Health
- Coaching
- Kinesiology

Academic Certificates:

- Fitness
- Movement Psychology
- Sport Marketing
- Sports Nutrition

Clubs, Honor Societies, other Activities

The Movement and Sport Sciences Club welcomes all students majoring or minoring in Kinesiology, Health or related fields. The club plays a campus wide leadership role in promoting lifespan physical activity, sports and other health enhancing behaviors. For example, club members assist in the campus Fitness and Wellness program, supervise campus facilities and special events, and host guest speakers. Club fundraisers help members attend state, regional and national conferences. The club's social functions include group meetings and a year-end barbecue.

The Sport Leadership Club is a co-curricular club with the Business Division that welcomes all students majoring in Sport Administration and Kinesiology fields. Members learn how to gain experience and get connected within the sport industry. Involvement in sporting events in the region provides practical work experience and opportunities to learn leadership and organizational skills, as well as gain connections and network with individuals in various sports venues.

Preparation for Future Graduate Studies

3+2 Master of Science in Athletic Training

The MSAT program is a partnership with the University of Idaho Department of Movement Sciences and offered for LCSC students preparing to be athletic trainers. Students will be able to obtain their Bachelors degree from LCSC and their Masters degree from the University of Idaho in only 5 years. The program consists of two phases:

Phase I: Students attend LCSC on the Kinesiology: Exercise Science & Health Occupations track for the first 3 years. Towards the end of this phase, students will go through a competitive application process to be considered for acceptance into the MSAT program at UI.

Phase II: Students attend UI for Year 4, finish Year 4 coursework, then transfer the credits back to LCSC for Bachelors degree completion. Students attend UI for Year 5, finishing graduate study coursework, and receiving their Master of Science in Athletic Training from the University of Idaho.

HLTH-101 INTRODUCTION TO HEALTH PROFESSIONS 1.00 Credit

This course is for students interested in prospective health professions. It will explore the various health-related programs at LCSC and develop successful study habits for science-related curriculum.

HLTH-215 ELEMENTARY HEALTH SCIENCE/METHODS 3.00 Credits

A course for teachers. Topics include wellness, fitness, nutrition, weight control, human sexuality, disease prevention, substance use and abuse, injury prevention and emergency care, environmental health, consumerism, mental and emotional wellness. Writing integrated. Fee required.

HLTH-245 DEATH AND DYING 1.00 Credit

Trends and patterns in death and dying including cross-cultural and historical perspectives, death in popular culture, demography of death, grief and bereavement, dying patient's perspectives and ethical dilemmas.

HLTH-246 HUMAN SEXUALITY 1.00 Credit

An overview of biological, behavioral and cultural aspects of human sexuality including study of gender, sexually transmitted diseases, pregnancy and sexual dysfunction.

HLTH-247 STRESS MANAGEMENT 1.00 Credit

Reviews the physical, social and psychological aspects of the human stress response. Provides students with an increased personal awareness of their own stress and a practical application of relaxation and stress reduction techniques.

HLTH-248 BEHAVIOR CHANGE 1.00 Credit

This course provides a comprehensive overview of behavior change as it relates to public and personal health. The course includes content on lifestyle change and prevention and chronic disease management, with a focus on specific behaviors (i.e. diet and nutrition, tobacco use) and chronic illness (i.e. diabetes, heart disease). This course will introduce students to the various theoretical models of health behavior change and how they relate to both individuals and diverse communities. Barriers and facilitators of lifestyle change and disease management will be covered, as well as the psychosocial predictors of behavior. Health related behavior change strategies including, but not limited to, topics such as physical activity, nutrition, stress reduction, tobacco cessation and obesity will all be addressed. The course will also include an introduction to the science behind multiple-risk behavior change and other future directions of the emerging field of health behavior change.

HLTH-253 NUTRITION 3.00 Credits

Principles of life span nutrition. Includes study of nutritional needs during exercise and the influence social, economical, and ethnic factors play in dietary habits and attitudes. Pre-requisite: ENGL-101 or appropriate placement score and MATH-025 or appropriate placement score.

HLTH-272 FITNESS AND WELLNESS 3.00 Credits

Provides students with skills and knowledge to practice health-enhancing behaviors and reduce health risks to themselves and others. Focuses on holistic health, exercise, nutrition, substance use and abuse, stress management, posture, care of the back and neck, prevention of cancer and sexually transmitted diseases. Students will use goal-setting and decision-making skills that enhance health. Lecture and participation in physical activity. Cross-listed with KIN-272.

HLTH-290 DIRECTED STUDY IN HEALTH 1.00-12.00 Credits

HLTH-291 WORKSHOP IN HEALTH 1.00-12.00 Credits

HLTH-292 SPECIAL TOPICS IN HEALTH 1.00-12.00 Credits

HLTH-295 PRACTICUM IN HEALTH 1.00-12.00 Credits

HLTH-299 RESEARCH ASSISTANTSHIP 1.00-12.00 Credits

HLTH-342 COMMUNITY HEALTH 3.00 Credits

An overview of health in world communities. Topics include diseases, environmental health, consumer health, school and workplace health, public health policy, global organizations and issues. Students will learn how to access valid health-enhancing products and services.

HLTH-343 SPORT NUTRITION 3.00 Credits

Nutritional parameters of athletic and fitness performance covered will include intervention planning, energy production, the energy nutrients, vitamins and minerals, principles of balanced diets, timing and composition of intakes, hydration, weight management strategies, and nutritional needs for special situations. Pre-requisite: HLTH-253.

HLTH-352 TECHNOLOGIES FOR HEALTH AND WELLNESS PROFESSIONALS 3.00 Credits

Strategies and skills for the development, utilization and evaluation of instructional media for program administration, health promotion and teaching in health clubs, corporations, youth organizations, public health, and schools. Fee required.

HLTH-354 ADDICTION AND PERFORMANCE 2.00 Credits

Drug use and abuse is perhaps the biggest challenge facing sport today. However, in the eye of the storm of public and press opinion and with medals and morals at stake, it can be difficult to gain a clear perspective on this complex issue. This course will explore the hard science behind drug use in sport as well as the ethical, social, political and administrative context. Key topics include: Mode of action and side effects of each major class of drugs used in sport Cutting edge issues such as gene doping and athlete biological passports Latest doping control regulations of the WADA Issues surrounding non-prohibited substances and ergogenic aids in supplements Assessment of the prevalence of drug taking in sport.

HLTH-390 DIRECTED STUDY IN HEALTH 1.00-12.00 Credits**HLTH-391 WORKSHOP IN HEALTH 1.00-12.00 Credits****HLTH-392 SPECIAL TOPICS IN HEALTH 1.00-12.00 Credits****HLTH-395 PRACTICUM IN HEALTH 1.00-12.00 Credits****HLTH-399 RESEARCH ASSISTANSHIP 1.00-12.00 Credits**

Graded P/F only.

HLTH-453 HEALTH PROMOTION 3.00 Credits

This course covers the design, implementation and evaluation of personal, worksite, school and community health promotion programs with a focus on social health marketing. The course explores methods used in both health promotion and health education that is purposely designed to guide individuals and groups toward a healthier lifestyle. Health Promotion will introduce students on the methods and strategies needed to facilitate support groups, select presentation methods, develop effective presentations, develop and select print materials and how to work with media at both the individual and community level. This course will also teach students how to develop the professionalism skills needed today to be a successful health educator or health promotion specialist. At the conclusion of this course students will be able to effectively communicate health education messages and positively influence the norms and behaviors of both individuals and communities in today's multicultural society.

HLTH-454 WELLNESS COACHING 2.00 Credits

In this course, students will learn to implement theory-based Wellness Coaching strategies to promote and motivate positive psychology and behavior changes that can be used by corporations, clinicians, worksite settings and personal Coaches. Skills learned in this course are versatile and can be used by counselors or individuals interested in life, health, fitness or wellness coaching.

HLTH-490 DIRECTED STUDY IN HEALTH 1.00-12.00 Credits**HLTH-491 WORKSHOP IN HEALTH 1.00-12.00 Credits****HLTH-492 SPECIAL TOPICS IN HEALTH 1.00-12.00 Credits****HLTH-494 INTERNSHIP IN HEALTH 1.00-12.00 Credits**

Application of advanced coursework, skills and knowledge to a supervised, practical experience in Kinesiology, Sports Administration, Coaching, Physical Education, Sports Medicine, Physical/Occupational Therapy, Fitness and Wellness. Pre-requisite: Instructor's permission.

HLTH-495 PRACTICUM IN HEALTH 1.00-12.00 Credits**HLTH-499 RESEARCH PROJECT AND SEMINAR IN HEALTH 1.00-12.00 Credits****KIN-120A BALLET 1.00-2.00 Credits**

This course number sequence includes instruction in a variety of dance courses including but not limited to ballet, ballroom, belly, hip hop, jazz, line, modern/contemporary, square, and swing dance. Courses are graded Pass/Fail. Some courses require fees.

KIN-120B BALLROOM DANCE 1.00-2.00 Credits

This course number sequence includes instruction in a variety of dance courses including but not limited to ballet, ballroom, belly, hip hop, jazz, line, modern/contemporary, square, and swing dance. Courses are graded Pass/Fail. Some courses require fees.

KIN-120C BELLY DANCE 1.00-2.00 Credits

This course number sequence includes instruction in a variety of dance courses including but not limited to ballet, ballroom, belly, hip hop, jazz, line, modern/contemporary, square, and swing dance. Courses are graded Pass/Fail. Some courses require fees.

KIN-120D CELTIC DANCE 1.00-2.00 Credits

This course number sequence includes instruction in a variety of dance courses including but not limited to ballet, ballroom, belly, hip hop, jazz, line, modern/contemporary, square, and swing dance. Courses are graded Pass/Fail. Some courses require fees.

KIN-120E COUNTRY/WESTERN DANCE 1.00-2.00 Credits

This course number sequence includes instruction in a variety of dance courses including but not limited to ballet, ballroom, belly, hip hop, jazz, line, modern/contemporary, square, and swing dance. Courses are graded Pass/Fail. Some courses require fees.

KIN-120F FOLK DANCE 1.00-2.00 Credits

This course number sequence includes instruction in a variety of dance courses including but not limited to ballet, ballroom, belly, hip hop, jazz, line, modern/contemporary, square, and swing dance. Courses are graded Pass/Fail. Some courses require fees.

KIN-122G HAWAIIAN DANCE-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of dance courses including but not limited to ballet, ballroom, belly, hip hop, jazz, line, modern/contemporary, square, and swing dance. Courses are graded Pass/Fail. Some courses require fees.

KIN-122H HIP HOP DANCE-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of dance courses including but not limited to ballet, ballroom, belly, hip hop, jazz, line, modern/contemporary, square, and swing dance. Courses are graded Pass/Fail. Some courses require fees.

KIN-122J JAZZ DANCE-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of dance courses including but not limited to ballet, ballroom, belly, hip hop, jazz, line, modern/contemporary, square, and swing dance. Courses are graded Pass/Fail. Some courses require fees.

KIN-122K LATIN DANCE-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of dance courses including but not limited to ballet, ballroom, belly, hip hop, jazz, line, modern/contemporary, square, and swing dance. Courses are graded Pass/Fail. Some courses require fees.

KIN-122M LINE DANCE-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of dance courses including but not limited to ballet, ballroom, belly, hip hop, jazz, line, modern/contemporary, square, and swing dance. Courses are graded Pass/Fail. Some courses require fees.

KIN-122N MODERN/CONTEMPORARY DANCE-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of dance courses including but not limited to ballet, ballroom, belly, hip hop, jazz, line, modern/contemporary, square, and swing dance. Courses are graded Pass/Fail. Some courses require fees.

KIN-122P SQUARE DANCE-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of dance courses including but not limited to ballet, ballroom, belly, hip hop, jazz, line, modern/contemporary, square, and swing dance. Courses are graded Pass/Fail. Some courses require fees.

KIN-122Q SOCIAL DANCE-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of dance courses including but not limited to ballet, ballroom, belly, hip hop, jazz, line, modern/contemporary, square, and swing dance. Courses are graded Pass/Fail. Some courses require fees.

KIN-122R SWING DANCE-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of dance courses including but not limited to ballet, ballroom, belly, hip hop, jazz, line, modern/contemporary, square, and swing dance. Courses are graded Pass/Fail. Some courses require fees.

KIN-122S SWING COUNTRY WESTERN DANCE- INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of dance courses including but not limited to ballet, ballroom, belly, hip hop, jazz, line, modern/contemporary, square, and swing dance. Courses are graded Pass/Fail. Some courses require fees.

KIN-122T TAP DANCE-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of dance courses including but not limited to ballet, ballroom, belly, hip hop, jazz, line, modern/contemporary, square, and swing dance. Courses are graded Pass/Fail. Some courses require fees.

KIN-122U ZUMBA DANCE-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of dance courses including but not limited to ballet, ballroom, belly, hip hop, jazz, line, modern/contemporary, square, and swing dance. Courses are graded Pass/Fail. Some courses require fees.

KIN-130A BURN/FIRM SPORT CONDITIONING 1.00-2.00 Credits

This course number sequence includes instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-130B BODY SCULPTING 1.00-2.00 Credits

This course number sequence includes instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-130C BOOT CAMP FITNESS 1.00-2.00 Credits

This course number sequence includes instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-130D CONDITIONING 1.00-2.00 Credits

This course number sequence includes instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-130E CONDITIONING FOR ATHLETES 1.00-2.00 Credits

This course number sequence includes instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-130F FITNESS 1.00-2.00 Credits

This course number sequence includes instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-130Y HOT YOGA 1.00-2.00 Credits

This course number sequence includes instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-130Z ABS, HIPS, AND GLUTES 1.00-2.00 Credits

This course number sequence includes instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-131A BURN/FIRM SPORT CONDITIONING-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131B BODY SCULPTING-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131C BOOT CAMP FITNESS-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131D CONDITIONING-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131E CONDITIONING FOR ATHLETES-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131F FITNESS-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131G JOGGING AND CONDITIONING-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131H PILATES-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131I AEROBIC CONDITIONING-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-131J RUN/WALK/JOG-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131K SPINNING-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction on a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131L AEROBIC DANCE - BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-131M STEP AEROBICS-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131N STRENGTH AND CONDITIONING-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131O HIGH INTENSITY INTERVAL TRAINING - BEG 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-131P T'AI CHI-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131Q T'AI CHI-MEDITATION-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131R TRX STRENGTH DEVELOPMENT-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131S WEIGHT TRAINING-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131T YOGA-HATHA-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131U YOGA-MEDITATION-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131V YOGA RETREAT WEEKEND-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131W XFIT-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131X FITNESS YOGA-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-131Y HOT YOGA-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-131Z ABS, HIPS AND GLUTES- BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-132A BURN/FIRM SPORT CONDITIONING- INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132B BODY SCULPTING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132C BOOT CAMP FITNESS-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132D CONDITIONING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132E CONDITIONING FOR ATHLETES-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132F FITNESS-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132G JOGGING AND CONDITIONING-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction on a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132H PILATES-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132I AEROBIC CONDITIONING-INT/ADV 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-132J RUN/WALK/ JOG-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132K SPINNING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132L AEROBIC DANCE-INT/ADV 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-132M STEP AEROBICS-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132N STRENGTH AND CONDITIONING-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction In a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132O HIGH INTENSITY INTERVAL TRAINING-INT/ADV 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-132P T'AI CHI-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132Q T'AI CHI-MEDITATION-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132R TRX STRENGTH DEVELOPMENT-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132S WEIGHT TRAINING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132T YOGA-HATHA-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132U YOGA-MEDITATION-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132V YOGA RETREAT WEEKEND-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132W XFIT-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132X FITNESS YOGA-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-132Y HOT YOGA-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-132Z ABS, HIPS, AND GLUTES- INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-140A ARCHERY 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to archery, badminton, bowling, disc golf, golf shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/fail. Some courses require fees.

KIN-140B BADMINTON 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to archery, badminton, bowling, disc golf, golf shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/fail. Some courses require fees.

KIN-140C BILLIARDS 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to archery, badminton, bowling, disc golf, golf shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/fail. Some courses require fees.

KIN-140D BOWLING 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to archery, badminton, bowling, disc golf, golf shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/fail. Some courses require fees.

KIN-140E DISC GOLF 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to archery, badminton, bowling, disc golf, golf shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/fail. Some courses require fees.

KIN-142B BADMINTON-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-142C BILLARDS-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-142D BOWLING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-142E DISC GOLF-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-142F GOLF-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-142G GYMNASTICS-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-142H HANDBALL-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-142J ICE SKATING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-142K PICKLEBALL-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-142M SHOTGUN SHOOTING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-142N STUNTS AND TUMBLING-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-142P TENNIS-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-142Q TRACK AND FIELD-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-142R TRIATHALON-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-142S RACQUETBALL-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-142T RECREATIONAL SPORTS-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-142U RIFLERY-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-142V TABLE TENNIS-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-142W WRESTLING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to archery, badminton, bowling, bicycling, disc golf, golf, shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/Fail. Some courses require fees.

KIN-150 TEAM SPORTS 1.00-2.00 Credits

Flag football, field and floor hockey, softball, basketball, volleyball, soccer, team handball, speedball, baseball. Graded P/F only. Some courses require fees.

KIN-150A AIKIDO 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-150B CHI GONG 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-150C FITNESS: 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-150D FITNESS: 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-150E FITNESS: 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-150F HAPKIDO 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-150G JUDO 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-150H KARATE 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-150J KICKBOXING 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-150K KICKBOXING-FITNESS 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-150M MIXED MARTIAL ARTS 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-152D FITNESS-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-152E FITNESS-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-152F HAPKIDO-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-152G JUDO-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-152H KARATE-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-152J KICKBOXING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-152K KICKBOXING-FITNESS-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-152M MIXED MARTIAL ARTS-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-152N SELF DEFENSE-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-152P TAE KWON DO-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-160 INDIVIDUAL AND DUAL SPORTS 1.00 Credit

Archery, badminton, cycling, bowling, tennis, track and field, golf, racquetball, wrestling, gymnastics, conditioning, skiing, backpacking, martial arts, aerobics, weight training, jazzercise, billiards, jogging, stretch/flexibility training. Graded P/F only. Some courses require fees.

KIN-160A BACKPACKING 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-160B BICYCLING-ROAD 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-160C BICYCLING-MOUNTAIN 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-160D CLIMBING-ROCK 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-160E CLIMBING-INDOOR 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-160F HIKING/CAMPING 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-160G HORSEBACK RIDING 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-161N SKIING-CROSS COUNTRY-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-161P SNOW BOARDING-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-161Q SNOW SHOEING-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-162A BACKPACKING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-162B BICYCLING-ROAD-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-162C BICYCLING-MOUNTAIN-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-162D CLIMBING-ROCK-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-162E CLIMBING-INDOOR-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-162F HIKING/CAMPING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-162G HORSEBACK RIDING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-162H HORSE PACKING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-162J HUNTER EDUCATION-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-162K ORIENTEERING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-162M SKIING-DOWNHILL-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-162N SKIING-CROSS COUNTRY-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-162P SNOW BOARDING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-162Q SNOW SHOEING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to backpacking, bicycling, camping, climbing, horseback riding, hunter education, skiing, snowboarding, snow shoeing. Courses are graded Pass/Fail. Some courses require fees.

KIN-170 DANCE 1.00-2.00 Credits

Folk, social, square, jazz, modern, country swing, and line dances. Graded P/F only. Some courses require fees.

KIN-172G LACROSSE-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to baseball, basketball, football, soccer, softball, team handball, ultimate Frisbee, volleyball. Courses are graded Pass/Fail. Some courses require fees.

KIN-172H RUGBY-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to baseball, basketball, football, soccer, softball, team handball, ultimate Frisbee, volleyball. Courses are graded Pass/Fail. Some courses require fees.

KIN-172J SOCCER-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to baseball, basketball, football, soccer, softball, team handball, ultimate Frisbee, volleyball. Courses are graded Pass/Fail. Some courses require fees.

KIN-172K SOFTBALL-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to baseball, basketball, football, soccer, softball, team handball, ultimate Frisbee, volleyball. Courses are graded Pass/Fail. Some courses require fees.

KIN-172M SPEEDBALL-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to baseball, basketball, football, soccer, softball, team handball, ultimate Frisbee, volleyball. Courses are graded Pass/Fail. Some courses require fees.

KIN-172N TEAM HANDBALL-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to baseball, basketball, football, soccer, softball, team handball, ultimate Frisbee, volleyball. Courses are graded Pass/Fail. Some courses require fees.

KIN-172P ULTIMATE FRISBEE-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to baseball, basketball, football, soccer, softball, team handball, ultimate Frisbee, volleyball. Courses are graded Pass/Fail. Some courses require fees.

KIN-172Q VOLLEYBALL-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to baseball, basketball, football, soccer, softball, team handball, ultimate Frisbee, volleyball. Courses are graded Pass/Fail. Some courses require fees.

KIN-172R VOLLEYBALL-SAND-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to baseball, basketball, football, soccer, softball, team handball, ultimate Frisbee, volleyball. Courses are graded Pass/Fail. Some courses require fees.

KIN-180 AQUATICS 1.00 Credit

Swimming, sailing, canoeing, rafting, fly and bait casting, sculling, aquatic conditioning, lifesaving, water safety instructor. Graded P/F only. Some courses require fees.

KIN-180A AEROBICS-AQUA 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-180B AEROBICS-SWIM FITNESS 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-180C AEROBICS-WATER 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-180D AQUATIC CONDITIONING 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-180E CANOEING 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-180F DIVING 1.00-2.00 Credits

This course number sequence includes instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-181Q SCUBA-PADI OPEN WATER-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-181R SWIMMING LESSONS-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-181S SYNCHRONIZED SWIM-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-181T WATER GAMES-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-181U WATER POLO-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-181V WATER SAFETY INSTRUCTOR CERTIFICATION- BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-181W WATERSKIING-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-181X WATER WALKERS-BEGINNING 1.00-2.00 Credits

This course number sequence includes beginning instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-182A AEROBICS-AQUA-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-182B AEROBICS-SWIM FITNESS-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-182C AEROBICS-WATER-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-182D AQUATIC CONDITIONING-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-182E CANOEING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-182F DIVING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-182X WATER WALKERS-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-189 GARDENING FOR WELLNESS 1.00 Credit

Wellness is an active, lifelong process of becoming aware of choices and making decisions toward a more balanced and fulfilling life. Wellness is centered on connections and the idea that the mind, body, spirit, and community are all interrelated and interdependent. The primary purpose of this class is to practice and explore gardening as a lifelong wellness activity. The secondary purpose is to participate in campus and community gardens, using gardening time and projects to enhance these gardens for educational purposes.

KIN-190 DIRECTED STUDY IN KINESIOLOGY 1.00-12.00 Credits**KIN-192 SPECIAL TOPICS IN KINESIOLOGY 1.00-12.00 Credits**

Selected topics of current interest related to coaching, sport administration, fitness and wellness.

KIN-215 WEIGHT MANAGEMENT 1.00 Credit

Weight management is complex and involves a variety of lifestyle changes. This course is designed to give students the practical skills and tools needed to avoid common roadblocks and obstacles encountered in weight management. Using evidence based approaches to weight management, this course will encompass a variety of interdisciplinary topics, including nutrition, physical activity, behavior change, goal setting, stress management, improved sleep, genetics, culture, environment, and community-based opportunities.

KIN-216 PHYSICAL EDUCATION FOR THE ELEMENTARY TEACHER 2.00 Credits

Designed to aid the classroom teacher in developing and implementing physical education programs in elementary and middle schools. Cross-listed with ED-216.

KIN-220 SOCIAL-CULTURAL ASPECTS OF SPORTS 3.00 Credits

Investigation and discussion of the interrelationship among sports, culture and society. Broad overview of selected socio-cultural factors influencing and affected by sport. Introduction to the academic discipline of Sociology of Sport.

KIN-221 HISTORY OF SPORT 3.00 Credits

This course is designed to explore sport and its place in history. Additionally, the intersection of sport with race, ethnicity, sex, gender, class, labor, capital, politics, patriotism, and national identity will be explored.

KIN-241 SPORTS OFFICIATING 2.00 Credits

General mechanics of game administration and officiating football, basketball, softball, baseball, volleyball and/or soccer. Following study of rules and sport specific techniques, the student will practice by officiating games.

KIN-248 SPORTS MEDICINE 3.00 Credits

Laboratory and classroom experience related to the cause, prevention, rehabilitation and care of sports injuries. General principles of injury prevention and safety will be covered. This class is designed for coaches, teachers and those interested in sports medicine. Fee required.

KIN-260 INTRODUCTION TO KINESIOLOGY AND HEALTH 1.00 Credit

An introductory course for students interested in careers in sport administration, coaching, exercise science, personal training, corporate fitness and wellness, recreation, and physical education teaching. An overview of careers, professional literature and organizations, current issues, philosophy, and history.

KIN-261 SKILL AND ANALYSIS: COURT SPORTS 1.00 Credit

This course is designed for the personal improvement in the skill and knowledge necessary to teach and participate in Court Sports such as: pickleball, badminton, tennis, basketball, volleyball, etc. This will occur through a survey of applications and techniques of the sports as well as classroom management practices. Students will also establish competence in safety considerations and appropriate teaching progressions. This class will prepare students to teach Court Sports in a sequential and developmental manner. Material can be applied to schools, recreation programs and coaching.

KIN-262 SKILL AND ANALYSIS: FIELD SPORTS 1.00 Credit

This course is designed for the personal improvement in the skill and knowledge necessary to teach and participate in Field Sports such as: softball, Ultimate Frisbee, soccer, flag football, etc. This will occur through a survey of applications and techniques of the sports as well as classroom management practices. Students will also establish competence in safety considerations and appropriate teaching progressions. This class will prepare students to teach Field Sports in a sequential and developmental manner. Material can be applied to schools, recreation programs and coaching.

KIN-267 SKILL/ANALYSIS: STRENGTH DEVELOPMENT 1.00 Credit

This course is designed to give the student a working knowledge of strength development and its many benefits. Class time will be devoted to learning proper techniques, program design, and the many variations in training. The skills and knowledge gained in this class will prepare each student to work with a variety of clients in developing muscle endurance and strength for enhanced health and performance.

KIN-268 SKILL AND ANALYSIS: CORE AND FLEXIBILITY 1.00 Credit

This course is designed to give students interested in personal training, strength and conditioning coaches and other fitness professionals the working knowledge needed to provide safe, effective and appropriate core and flexibility programs. The course will teach students to recognize dysfunctional movement patterns and identify weak or tight muscles of the core, the central region of the human body, consisting of musculoskeletal structures from the abdomen, the spine, the pelvis and the hips (Kibler et al. 2006). With this knowledge students will learn how to design a core training program based on the individual goals, needs and fitness levels of clients. The course will also introduce stretching methodology and evidence-based program designs. Numerous flexibility exercises that can be used to develop safe, effective stretching programs that address increased flexibility, enhanced athletic performance and the reduction of injuries will be covered. This course is essential for strength and conditioning coaches, personal trainers, group fitness instructors or rehabilitation professionals.

KIN-269 SKILL AND ANALYSIS: EDUCATIONAL GYM&MOV 1.00 Credit

This course is designed for the personal improvement in the skill of in Educational Gymnastics (EG) and Movement Forms (MF) through a survey of applications and techniques of the activities as well as classroom management practices. This class will prepare students to teach EG and MF in a sequential and developmental manner. Material can be applied to schools, recreation programs and coaching.

KIN-272 FITNESS AND WELLNESS 3.00 Credits

Provides students with skills and knowledge to practice health-enhancing behaviors and reduce health risks to themselves and others. Focuses on holistic health, exercise, nutrition, substance use and abuse, stress management, posture, care of the back and neck, prevention of cancer and sexually transmitted diseases. Students will use goal-setting and decision-making skills that enhance health. Lecture and participation in physical activity. Cross-listed with HLTH-272.

KIN-290 DIRECTED STUDY IN KINESIOLOGY 1.00-12.00 Credits**KIN-291 WORKSHOP IN KINESIOLOGY 1.00-12.00 Credits**

Workshops in Kinesiology, Physical Education, Athletics, Sports Medicine, and/or Health Promotion.

KIN-292 SPECIAL TOPICS IN KINESIOLOGY 1.00-12.00 Credits

Selected topics of current interest related to coaching, sport administration, fitness and wellness.

KIN-295 PRACTICUM IN KINESIOLOGY 1.00-12.00 Credits**KIN-299 RESEARCH ASSISTANTSHIP 1.00-12.00 Credits**

Graded P/F only.

KIN-340 ADVANCED COACHING THEORY 2.00 Credits

This course is designed to provide students with the knowledge and skills needed for success in the coaching profession. In addition, students will understand how to use their skill set in a practical and applied manner. Topics to be covered include, but are not limited to, building a coaching philosophy, recruiting practices and principles, camp design and facilitation, and understanding and implementing the NASPE National Coaching Standards. Students who complete this course will also complete the National Federation of State High School Associations (NFHS) fundamentals of Coaching Certification.

KIN-341 TECHNIQUES AND METHODS OF COACHING BASKETBALL 2.00 Credits

Examines skill development, coaching techniques, offensive and defensive styles of play, game strategies, conditioning techniques, and care and selection of equipment. Reviews current research and issues.

KIN-342 TECHNIQUES AND METHODS OF COACHING BASEBALL 2.00 Credits

Examines skill development, coaching techniques, offensive and defensive styles of play, game strategies, conditioning techniques, and care and selection of equipment. Applications made to the coaching of softball. Reviews current research and issues.

KIN-343 TECHNIQUES AND METHODS OF COACHING TRACK AND FIELD 2.00 Credits

Examines skill development, coaching techniques, offensive and defensive styles of play, game strategies, conditioning techniques, and care and selection of equipment. Reviews current research and issues.

KIN-344 TECHNIQUES AND METHODS OF COACHING FOOTBALL 2.00 Credits

Examines skill development, coaching techniques, offensive and defensive styles of play, game strategies, conditioning techniques, and care and selection of equipment. Reviews current research and issues.

KIN-345 TECHNIQUES AND METHODS OF COACHING VOLLEYBALL 2.00 Credits

Examines skill development, coaching techniques, offensive and defensive styles of play, game strategies, conditioning techniques, and care and selection of equipment. Reviews current research and issues.

KIN-346 TECHNIQUES AND METHODS OF COACHING SOCCER 2.00 Credits

Examines skill development, coaching techniques, offensive and defensive styles of play, game strategies, conditioning techniques, and care and selection of equipment. Reviews current research and issues.

KIN-347 TECHNIQUES AND METHODS OF COACHING TENNIS AND GOLF 2.00 Credits

Examines skill development, coaching techniques, offensive and defensive styles of play, game strategies, conditioning techniques, and care and selection of equipment. Reviews current research and issues.

KIN-349 TECHNIQUES AND METHODS OF COACHING WRESTLING 2.00 Credits

Examines skill development, coaching techniques, offensive and defensive styles of play, game strategies, conditioning techniques, and care and selection of equipment. Reviews current research and issues.

KIN-352 YOUTH SPORTS AND RECREATION 3.00 Credits

Methods, materials and practice in performing, teaching and coaching K-8 age appropriate physical activity. Includes assessment techniques, curriculum design and organizational procedures for teacher education students. Pre-requisite: Sophomore standing. Fee required.

KIN-355 STRATEGIES FOR TEACHING PHYSICAL ACTIVITIES 3.00 Credits

Designed to prepare students who will teach or coach sports and physical activity to adolescents and adults in schools as well as in private and public recreation programs. Focuses on lesson design, best teaching/coaching practices, program planning, organization and administration. Includes participation and skill analysis in a variety of activities. Fee required.

KIN-361 BIOMECHANICS LABORATORY 1.00 Credit

Laboratory component of the biomechanics course. Emphasis will be place on the application of concepts learned in lecture to rehabilitation and sport situations. This will occur through hands-on activities and experiments involving contemporary forms of biomechanical instrumentation. Pre-requisite/co-requisite: KIN-363.

KIN-362 BIOMECHANICS 3.00 Credits

The anatomical and mechanical analysis of the body in motion. Pre-requisite: BIOL-175 or BIOL-227 and MATH-025 or appropriate placement score.

KIN-363 PHYSIOLOGY OF EXERCISE 3.00 Credits

The study of how the human body adapts physiologically to the acute stress of exercise or physical activity, and the chronic stress of physical training. Fee required. Recommended pre-requisite: KIN-272/HLTH-272 and/or BIOL-175 or BIOL-252.

KIN-364 EXERCISE PHYSIOLOGY LABORATORY 1.00 Credit

The application of physiological principles toward understanding the physiological adjustments that occur to maintain homeostasis in the exercising human. Pre-requisite/co-requisite: KIN-362.

KIN-370 MOTOR LEARNING/MOTOR DEVELOPMENT 3.00 Credits

Provides the teacher, coach, or self-instructing athlete with a comprehensive understanding of the developmental (physical, psychological, and social) processes involved in the learning of sport skills. Explores useful training ideas for all types of performers (beginners-advanced, young-old, male-female) in all types of sports and wellness professionals.

KIN-381 TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION 3.00 Credits

The study of basic statistical methods and research design as applied in Kinesiology. Pre-requisite: A grade of 'C' or better in MATH-025 or appropriate placement score.

KIN-390 DIRECTED STUDY IN KINESIOLOGY 1.00-12.00 Credits**KIN-391 WORKSHOP IN KINESIOLOGY 1.00-12.00 Credits****KIN-392 SPECIAL TOPICS IN KINESIOLOGY 1.00-12.00 Credits****KIN-395 PRACTICUM IN KINESIOLOGY 1.00-12.00 Credits****KIN-399 RESEARCH ASSISTANTSHIP 1.00-12.00 Credits**

Graded P/F only.

KIN-410 SPORTS PSYCHOLOGY 3.00 Credits

Application of the principles and methodologies of psychology to athletics. Topics include individual philosophies of sport, motivation, personality of coaches and athletes, recreational sports for children, psychological testing, training and learning principles, mind/body relationships, and the effects of anxiety, arousal, and relaxation on performance and current research in the field. Pre-requisite: PSYC-101 or PSYC-205 or permission of instructor and Sophomore Standing. Cross-listed with PSYC-410.

KIN-411 EXERCISE PSYCHOLOGY 3.00 Credits

The application of the principles and methodologies of psychology to physical activity and sedentary behavior. Pre-requisite: PSYC-101 or permission from the instructor.

KIN-421 PHILOSOPHY OF SPORT 3.00 Credits

This course is designed to introduce students to philosophical concepts and their application to sport.

KIN-425 ETHICAL DECISION-MAKING SPORT LEADERS 3.00 Credits

The study of moral reasoning, rationality, and reflection on ethical dilemmas in sport using nonfiction short stories, documentary video, and movies. Pre-requisite: A grade of 'C' or better in ENGL-101 or appropriate placement score and Junior standing.

KIN-433 BALANCE AND MOBILITY 3.00 Credits

The course is designed for students interested in helping individuals especially senior citizens protect themselves from injury-causing falls. The course content will focus on the aging process, postural strategies, gait patterns, multi-sensory training, strength/flexibility activities, and balance/mobility assessments and strategies. Students will learn how to administer screenings and assessments, develop health plans, design lessons/activities and teach classes. Pre-requisite: Sophomore standing.

KIN-434 EXERCISE PRESCRIPTION 3.00 Credits

Students will learn to evaluate and write exercise programs for a variety of fitness parameters including oxygen utilization, body composition, flexibility, muscular endurance, muscular strength, aerobic capacity. Pre-requisite: KIN-272 and KIN-381.

KIN-435 AGING AND PHYSICAL ACTIVITY 3.00 Credits

This course is designed to provide students an understanding of the aging process particularly in relation to aspects of health and wellness. Intergenerational service learning, consisting of structured, planned activities involving meaningful interaction between students and older adults will serve as the foundation of the course format.

KIN-436 PERSONAL/GROUP TRAINING CERT PREP 3.00 Credits

The purpose of this course is to give students the knowledge, skills and abilities needed to prepare and help pass widely recognized certified personal training (CPT) exams and group fitness (GFI) exams. The course will also provide necessary up-to-date content for individuals striving to stay informed amid ongoing advances in exercise and fitness research.

KIN-467 PHYSICAL ACTIVITY AND RECREATION FOR INDIVIDUALS WITH SPECIAL NEEDS 3.00 Credits

Study of the categories of exceptionality. Socio-cultural dimensions of learning and teaching are examined. Strategies for teaching and assisting individuals with special needs and a wide variety of abilities in sport and physical activity. Includes field experiences with Special Olympics, physical and occupational therapists, and adapted physical educators in schools. Cross-listed with SE-467.

KIN-472 OUTDOOR EDUCATION 3.00 Credits

Study and practice of outdoor leadership skills, expedition planning, environmental ethics. Students will learn a variety of outdoor skills including backpacking, cross-country skiing, fly and bait casting, orienteering rock climbing and biking. Field trips will be required. Cross-listed with RC-472.

KIN-484 COMMUNITY RELATIONS IN SPORT 3.00 Credits

This course is designed to introduce students to areas of community relations in sport, including, but not limited to public relations campaigns, the relationship between sport organizations and media, and effective communication strategies with the media and other stakeholders.

KIN-485 SPORT LAW 3.00 Credits

This course is designed to introduce students to common legal concepts and to explore legal cases which have an impact on the business and culture of sport.

KIN-486 ORGANIZATION AND ADMINISTRATION OF HEALTH, PHYSICAL EDUCATION, RECREATION, ATHLETICS 3.00 Credits

Designed for administration in athletics, schools, recreation, private sector fitness/wellness programs. Students will explore legal issues, economics, finance and governance in sports while developing skills in computing, budgeting, marketing, fundraising, event management, program planning, scheduling, facility and personnel management. Pre-requisite: Sophomore Standing.

KIN-487 SPORT ADMINISTRATION 3.00 Credits

This senior level class will explore various topics specific to the administration of sport and recreation including marketing, legal aspects, finance and economics. Application of information exchanged in this class is an integral component of this course. Pre-requisite: Junior Standing.

KIN-488 SPORT FACILITIES AND EVENT MANAGEMENT 3.00 Credits

Study and practice of how to construct and manage a sport facility. Students will learn the planning and implementation process of constructing a new sport facility. Students will also learn sport facility management skills including the basics of facility management, marketing and sales in relation to the sport facility, finance and budgeting, facility preparation, implanting a security plan, concession management, and box office management. Pre-requisite: Sophomore standing.

KIN-489 SPORT MARKETING AND ADVERTISING 3.00 Credits

This course is designed to connect the application of marketing principles to practice through an in-depth examination of theory, research, and current issues in the marketing of sport products, sporting events, sport facilities, sport teams, and sport programs. Students will explore the marketing mix as it relates to the consumer decision-making process through the development of an advertising campaign. Concepts covered include the marketing mix, types of sport consumers, event marketing concepts, advertising, social media and internet advertising methods. Pre-requisite: Junior class standing.

KIN-490 DIRECTED STUDY IN KINESIOLOGY 1.00-12.00 Credits**KIN-491 WORKSHOP IN KINESIOLOGY 1.00-12.00 Credits**

Workshops in Kinesiology, Physical Education, Athletics, Sports Medicine, and/or Health Promotion.

KIN-492 SPECIAL TOPICS IN KINESIOLOGY 1.00-12.00 Credits

Selected topics of current interest related to coaching, sport administration, fitness and wellness.

KIN-494 INTERNSHIP IN KINESIOLOGY 1.00-12.00 Credits

Application of advanced coursework, skills and knowledge to a supervised, practical experience in Kinesiology, Sports Administration, Coaching, Physical Education, Sports Medicine, Physical/Occupational Therapy, Fitness and Wellness. Pre-requisite: Instructor's permission.

KIN-495 PRACTICUM IN KINESIOLOGY 1.00-12.00 Credits**KIN-498 SENIOR RESEARCH PROJECT I 3.00 Credits**

Required of all Senior Kinesiology Majors. This course is designed to be followed by KIN 499 Senior Research/Project II. Students are introduced to basic research methods and current topics in their field of study. Students select a topic and prepare a detailed written review of the related literature and description of the study/project design. Pre-requisite: KIN-381 or any Statistics Course and completed 90+ credits.

KIN-499 RESEARCH PROJECT/SEMINAR II 3.00 Credits

This course is required of all Senior Kinesiology majors. This course is designed to follow KIN 498 Senior Research/Project I. Students will apply basic research concepts and processes to implement, analyze, and evaluate the research study or project they completed in KIN-498. Students communicate findings in writing and a public presentation during the campus wide spring senior symposium. This course is writing intensive. Pre-requisite: KIN-498.

RC-227 RECREATIONAL ARTS AND CRAFTS 3.00 Credits

Designed to meet the needs of the prospective recreational leader and all individuals who work with young people in developing a wide range of art and craft skills. Emphasis is on performance.

RC-239 RECREATIONAL LEADERSHIP 3.00 Credits

The development of leadership qualities and techniques in a wide variety of recreational activities within a framework of a recreation or physical education program.

RC-285 CAMP COUNSELING 3.00 Credits

Understanding campers, camp programs and staff responsibilities. Examination of philosophies of private, organizational and school camps. Prepares students for employment in summer camping positions. Appropriate for all individuals involved in working with groups of all age levels. Camping trips will be required.

RC-290 DIRECTED STUDY IN RECREATION 1.00-6.00 Credits**RC-291 WORKSHOP IN RECREATION 1.00-6.00 Credits****RC-292 SPECIAL TOPICS IN RECREATION 1.00-3.00 Credits****RC-295 PRACTICUM IN RECREATION 1.00-12.00 Credits****RC-299 RESEARCH ASSISTANTSHIP 1.00-12.00 Credits**

Graded P/F only.

RC-387 LEISURE PROGRAMS 1.00-3.00 Credits

The development, promotion, organization and administration of leisure activities. Practical experience in a leisure program in Recreation 1-3 credits Supervised experience in public and/or private recreational programs, 295/495. Pre-requisite: Permission of the instructor.

RC-472 OUTDOOR EDUCATION 3.00 Credits

Study and practice of outdoor leadership skills, expedition planning, environmental ethics. Students will learn a variety of outdoor skills including backpacking, cross-country skiing, fly and bait casting, orienteering rock climbing and biking. Field trips will be required. Cross-listed with KIN-472.

RC-490 DIRECTED STUDY IN RECREATION 1.00-12.00 Credits**RC-491 WORKSHOP IN RECREATION 1.00-12.00 Credits****RC-492 SPECIAL TOPICS IN RECREATION 1.00-3.00 Credits****RC-494 INTERNSHIP IN RECREATION 1.00-12.00 Credits**

Application of advanced coursework, skills and knowledge to a supervised, practical experience in Kinesiology, Sports Administration, Coaching, Physical Education, Sports Medicine, Physical/Occupational Therapy, Fitness and Wellness. Pre-requisite: Instructor's permission.

RC-495 PRACTICUM IN RECREATION 1.00-12.00 Credits