KINESIOLOGY (KIN)

Courses
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-120G HAWAIIAN 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-120H HIP HOP 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-120J JAZZ 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-120K LATIN 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-120L LINE 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-120M MODERN/CONTEMPORARY 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-120N SQUARE 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-120P SOCIAL 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-120Q SWING 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-120R SWING 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-120T TAP 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-120U ZUMBA 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-121A BALLET-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of dance course 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-121B BALLROOM DANCE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of dance course 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-121C BELLY DANCE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of dance course 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-121D CELTIC DANCE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of dance course 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-121E COUNTRY/WESTERN DANCE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of dance course 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-121F FOLK DANCE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of dance course 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-121G HAWAIIAN DANCE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of dance course 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-121H HIP HOP DANCE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of dance course 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-121I JAZZ DANCE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of dance course 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-121J LATIN DANCE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of dance course 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-121K LINE DANCE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of dance course 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-121L MODERN/CONTEMPORARY DANCE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of dance course 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-121M SQUARE DANCE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of dance course 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-121N SOCIAL DANCE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of dance course 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-121O SWING DANCE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of dance course 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-121P TAP DANCE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of dance course 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-121U ZUMBA DANCE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of dance course 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-122A BALLET-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-122B BALLROOM 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-122C BELLY 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-122D CELTIC 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-122E 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-122F FOLK 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-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-130G  JOGGING AND 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-130H  PILATES 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-130I  AEROBIC CONDITIONING 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-130J  RUN/WALK/JOG 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-130K  SPINNING 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-130L  AEROBIC DANCE 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-130M  STEP AEROBICS 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-130N  STRENGTH AND 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-130O  HIGH INTENSITY INTERVAL TRAINING 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-130R TRX STRENGTH DEVELOPMENT 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-130S WEIGHT TRAINING 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-130T YOGA-HATHA 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-130U YOGA-MEDITATION 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-130V YOGA RETREAT WEEKEND 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-130W XFIT 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-130X FITNESS YOGA 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 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, GLUTES 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 1.00-2.00Credits
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 1.00-2.00Credits
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 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 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-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 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, 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 HOT YOGA-BEGINNING 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 ABS, HIPS, GLUTES-BEGINNING 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 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 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 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 bodysculpting, jogging/conditioning, pilates, spinning, step aerobics, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.
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, GLUTES-INTERMEDIATE/ADVANCED 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-140F 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-140G GYMNASTICS 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-140H HANDBALL 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-140I ICE SKATING 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-140K PICKLEBALL 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-140M SHOTGUN SHOOTING 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-140N STUNTS AND TUMBLING 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-140P TENNIS 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-140Q TRACK AND FIELD 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-140R TRIATHALON 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-140S RACQUETBALL 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-140T RECREATIONAL SPORTS 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-140U RIFLERY 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-140V TABLE TENNIS 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-140W WRESTLING 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-141A ARCHERY-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141B BADMINTON-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141C BILLIARDS-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141D BOWLING-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141E DISC GOLF-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141F GOLF-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141G GYMNASTICS-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141H HANDBALL-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141I ICE SKATING-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141J PICKLEBALL-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141K PICKLEBALL-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141M SHOTGUN SHOOTING-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141N STUNTS AND TUMBLING-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141P TENNIS-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141Q TRACK AND FIELD-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141R TRIATHALON-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141S RACQUETBALL-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141T RECREATIONAL SPORTS-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141U RIFLERY-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141V TABLE TENNIS-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-141W WRESTLING-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-142A ARCHERY-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-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-150I 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-150J 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-150K 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-150L SELF DEFENSE 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 TAE KWON DO 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-150N AIKIDO-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-150O CHI GONG-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-150P FITNESS-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-150Q FITNESS-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-150R FITNESS-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-150S HAPKIDO-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-151G JUDO-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-151H KARATE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-151J KICKBOXING-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-151K KICKBOXING-FITNESS-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-151M MIXED MARTIAL ARTS-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-151N SELF DEFENSE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-151P TAE KWON DO-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-152A AIKIDO-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-152B CHI GONG-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-152C 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-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 HORSE PACKING 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-160H 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-160I HUNTER EDUCATION 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-160J ORIENTEERING 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-160K SKIING-DOWNHILL 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-160L SKIING-CROSS COUNTRY 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-160M SNOW BOARDING 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-160N SNOW SHOEING 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-160P BACKPACKING-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-161B BICYCLING-ROAD-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-161C BICYCLING-MOUNTAIN-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-161D CLIMBING-ROCK-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-161E CLIMBING-INDOOR-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-161F HIKING/CAMPING-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-161G HORSEBACK RIDING-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-161H HORSE PACKING-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-161I HUNTER EDUCATION-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-161K ORIENTEERING-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-161L SKIING-DOWNHILL-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-161M 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 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-162H 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-162I 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-162J SNOW SHOEING-INTERMEDIATE/ADVANCE 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 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-170A BASEBALL 1.00-2.00 Credits
This course number sequence includes 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-170B BASKETBALL 1.00-2.00 Credits
This course number sequence includes 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-170C FIELD HOCKEY 1.00-2.00 Credits
This course number sequence includes 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-170D FOOTBALL 1.00-2.00 Credits
This course number sequence includes 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-170E FOOTBALL-FLAG 1.00-2.00 Credits
This course number sequence includes 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-170F ICE HOCKEY 1.00-2.00 Credits
This course number sequence includes 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-170G LACROSSE 1.00-2.00 Credits
This course number sequence includes 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-170H RUGBY 1.00-2.00 Credits
This course number sequence includes 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-170J SOCCER 1.00-2.00 Credits
This course number sequence includes 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-170K SOFTBALL 1.00-2.00 Credits
This course number sequence includes 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-170M SPEEDBALL 1.00-2.00 Credits
This course number sequence includes 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-170N TEAM HANDBALL 1.00-2.00 Credits
This course number sequence includes 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-170P ULTIMATE FRISBEE 1.00-2.00 Credits
This course number sequence includes 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-170Q VOLLEYBALL 1.00-2.00 Credits
This course number sequence includes 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-170R VOLLEYBALL-SAND 1.00-2.00 Credits
This course number sequence includes 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-171A BASEBALL-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-171B BASKETBALL-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-171C FIELD HOCKEY-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-171D FOOTBALL-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-171E FOOTBALL-FLAG-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-171F ICE HOCKEY-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-171G LACROSSE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-171H RUGBY-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-171J SOCCER-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-171K SOFTBALL-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-171L SPEEDBALL-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-171N TEAM HANDBALL-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-171P ULTIMATE FRISBEE-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-171Q VOLLEYBALL-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-171R VOLLEYBALL-SAND-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning 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-172A BASEBALL-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-172B BASKETBALL-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-172C FIELD HOCKEY-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-172D FOOTBALL-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-172E FOOTBALL-FLAG-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-172F ICE HOCKEY-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-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-180G FISHING 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-180H FLY FISHING 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-180J LIFE GUARD CERTIFICATION 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-180K PADDLE AND ROW 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-180M RAFTING 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-180N ROWING 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-180P SAILING 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-180Q SCUBA-PADI OPEN 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-180R SWIM LESSONS 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-180S SYNCHRONIZED SWIMMING 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-180T WATER GAMES 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-180U WATER POLO 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-180V WATER SAFETY INSTRUCTOR CERTIFICATION 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-180W WATERSKIING 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-180X WATER WALKERS 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-181A AEROBICS-AQUA-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-181B AEROBICS-SWIM FITNESS-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-181C AEROBICS-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-181D AQUATIC CONDITIONING-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-181E CANOEING-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-181F DIVING-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-181G FISHING-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-181H FLY FISHING-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-181J LIFE GUARD 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-181K PADDLE AND ROW-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-181L RAFTING-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-181M ROWING-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-181N SAILING-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-181O 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-181P 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-181Q 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-181R 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-181S 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-181T 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-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-BEGINNING 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-182B 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-182C AEROBICS-WATER-BEGINNING 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-182D 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-182E AEROBICS-ROW-BEGINNING 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-182F AEROBICS-ROW-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-182G AEROBICS-ROW-BEGINNING 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-182H AEROBICS-ROW-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-182J LIFE GUARD CERTIFICATION-BEGINNING 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-182K PADDLE AND ROW-BEGINNING 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-182L PADDLE AND ROW-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-182M RAFTING-BEGINNING 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-182N RAFTING-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-182P SAILING-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-182Q SCUBA-PADI OPEN 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-182R SWIMMING LESSONS-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-182S SYNCHRONIZED SWIMMING-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-182T WATER GAMES-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-182U WATER POLO-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-182V WATER SAFETY INSTRUCTOR CERTIFICATION- 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-182W WATERSKIING-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-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-252 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/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. Cross-listed with PSYC-425.

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 earn 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. Fee 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.