# 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-120I 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-120J 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-120K 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-120L 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-120M 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-120N 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-120O 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-120P 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-120Q 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-121J 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-121K 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-121L 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-121M 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-121N 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-121Q 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-121R 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-121S SWING 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-121T 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 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-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 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-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 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-130P T'AI CHI 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-130Q T'AI CHI-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-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 1.00-2.00 Credits
This course number sequence includes instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-130Y HOT YOGA 1.00-2.00 Credits
This course number sequence includes instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-130Z ABS, HIPS, AND GLUTES 1.00-2.00 Credits
This course number sequence includes instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131A BURN/FIRM SPORT CONDITIONING-BEGINNING 1.00-2.00 Credits
This course number sequence includes 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 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 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 instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131E CONDITIONING FOR ATHLETES-BEGINNING 1.00-2.00 Credits
This course number sequence includes instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131F FITNESS-BEGINNING 1.00-2.00 Credits
This course number sequence includes 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 instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.
KIN-131H PILATES-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131I AEROBIC CONDITIONING-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, T’ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-131J RUN/WALK/JOG-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131K SPINNING-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction on a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131L AEROBIC DANCE - BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131M STEP AEROBICS-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131N STRENGTH AND CONDITIONING-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131O HIGH INTENSITY INTERVAL TRAINING - BEG 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131P T’AI CHI-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131Q T’AI CHI-MEDITATION-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131R TRX STRENGTH DEVELOPMENT-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131S WEIGHT TRAINING-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131T YOGA-HATHA-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131U YOGA-MEDITATION-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T’ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.
KIN-131V YOGA RETREAT WEEKEND-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131W XFIT-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131X FITNESS YOGA-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, T'ai Chi, weight training, and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-131Y HOT YOGA-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-131Z ABS, HIPS AND GLUTES- BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, T'ai Chi, weight training, and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132A BURN/FIRM SPORT CONDITIONING- INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, 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, 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, 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, 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, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132G JOGGING AND CONDITIONING-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction on a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132H PILATES-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132I AEROBIC CONDITIONING-INT/ADV 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.
KIN-132J RUN/WALK/JOG-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132K SPINNING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132L AEROBIC DANCE-INT/ADV 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132M STEP AEROBICS-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132N STRENGTH AND CONDITIONING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132O HIGH INTENSITY INTERVAL TRAINING-INT/ADV 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132P T'AI CHI-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132Q T'AI CHI-MEDITATION-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132R TRX STRENGTH DEVELOPMENT-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132S WEIGHT TRAINING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132T YOGA-HATHA-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132U YOGA-MEDITATION-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132V YOGA RETREAT WEEKEND-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.

KIN-132W XFIT-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training and yoga. Courses are graded Pass/Fail. Some courses require fees.
KIN-132X FITNESS YOGA-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-132Y HOT YOGA-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-132Z ABS, HIPS, AND GLUTES- INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including, but not limited to, body sculpting, jogging/conditioning, pilates, spinning, step aerobics, T'ai Chi, weight training, and yoga. Courses are graded pass/fail. Some courses require fees.

KIN-140A ARCHERY 1.00-2.00 Credits
This course number sequence includes instruction in a variety of courses including but not limited to archery, badminton, bowling, disc golf, golf shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/fail. Some courses require fees.

KIN-140B BADMINTON 1.00-2.00 Credits
This course number sequence includes instruction in a variety of courses including but not limited to archery, badminton, bowling, disc golf, golf shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/fail. Some courses require fees.

KIN-140C BILLIARDS 1.00-2.00 Credits
This course number sequence includes instruction in a variety of courses including but not limited to archery, badminton, bowling, disc golf, golf shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/fail. Some courses require fees.

KIN-140D BOWLING 1.00-2.00 Credits
This course number sequence includes instruction in a variety of courses including but not limited to archery, badminton, bowling, disc golf, golf shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/fail. Some courses require fees.

KIN-140E DISC GOLF 1.00-2.00 Credits
This course number sequence includes instruction in a variety of courses including but not limited to archery, badminton, bowling, disc golf, golf shot gun shooting, gymnastics, tennis, track and field, racquetball, wrestling. Courses are graded Pass/fail. Some courses require fees.

KIN-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-140J 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-140L SNOWMOBILE 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.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>KIN-140R</td>
<td>TRIATHALON</td>
<td>1.00-2.00</td>
<td>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.</td>
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<td>KIN-140S</td>
<td>RACQUETBALL</td>
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<td>KIN-140T</td>
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<td>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.</td>
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<td>KIN-140V</td>
<td>TABLE TENNIS</td>
<td>1.00-2.00</td>
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<td>KIN-141A</td>
<td>ARCHERY-BEGINNING</td>
<td>1.00-2.00</td>
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<td>KIN-141B</td>
<td>BADMINTON-BEGINNING</td>
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<td>KIN-141C</td>
<td>BILLIARDS-BEGINNING</td>
<td>1.00-2.00</td>
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<td>KIN-141D</td>
<td>BOWLING-BEGINNING</td>
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<td>DISC GOLF-BEGINNING</td>
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<td>GOLF-BEGINNING</td>
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<td>KIN-141G</td>
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<td>HANDBALL-BEGINNING</td>
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<td>PICKLEBALL-BEGINNING</td>
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<td>KIN-141M</td>
<td>SHOTGUN SHOOTING-BEGINNING</td>
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<td>KIN-141N</td>
<td>STUNTS AND TUMBLING-BEGINNING</td>
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<td>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.</td>
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Kinesiology (KIN)

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-150J KICKBOXING 1.00-2.00 Credits
This course number sequence includes instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-150K KICKBOXING-FITNESS 1.00-2.00 Credits
This course number sequence includes instruction in a variety of courses including but not limited to judo, karate, kickboxing, mixed martial arts, self defense. Courses are graded Pass/Fail. Some courses require fees.

KIN-150L 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-150M 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-150P 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-151A 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-151B 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-151C 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-151D 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-151E 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-151F 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 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-160H 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-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-160K 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-160L 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-160M 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-160N 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-160P 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-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-161J 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-161N 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-161O 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.
### Kinesiology (KIN)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN-162F</td>
<td>Hiking/Camping-Intermediate/Advanced</td>
<td>1.00-2.00</td>
<td>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, snowshoeing. Courses are graded Pass/Fail. Some courses require fees.</td>
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<tr>
<td>KIN-162G</td>
<td>Horseback Riding-Intermediate/Advanced</td>
<td>1.00-2.00</td>
<td>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, snowshoeing. Courses are graded Pass/Fail. Some courses require fees.</td>
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<tr>
<td>KIN-162H</td>
<td>Horse Packing-Intermediate/Advanced</td>
<td>1.00-2.00</td>
<td>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, snowshoeing. Courses are graded Pass/Fail. Some courses require fees.</td>
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<tr>
<td>KIN-162J</td>
<td>Hunter Education-Intermediate/Advanced</td>
<td>1.00-2.00</td>
<td>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, snowshoeing. Courses are graded Pass/Fail. Some courses require fees.</td>
</tr>
<tr>
<td>KIN-162K</td>
<td>Orienteering-Intermediate/Advanced</td>
<td>1.00-2.00</td>
<td>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, snowshoeing. Courses are graded Pass/Fail. Some courses require fees.</td>
</tr>
<tr>
<td>KIN-162L</td>
<td>Skiing-Dowhill-Intermediate/Advanced</td>
<td>1.00-2.00</td>
<td>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, snowshoeing. Courses are graded Pass/Fail. Some courses require fees.</td>
</tr>
<tr>
<td>KIN-162M</td>
<td>Skiing-Cross Country-Intermediate/Advanced</td>
<td>1.00-2.00</td>
<td>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, snowshoeing. Courses are graded Pass/Fail. Some courses require fees.</td>
</tr>
<tr>
<td>KIN-162N</td>
<td>Snow Boarding-Intermediate/Advanced</td>
<td>1.00-2.00</td>
<td>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, snowshoeing. Courses are graded Pass/Fail. Some courses require fees.</td>
</tr>
<tr>
<td>KIN-162O</td>
<td>Snow Shoeing-Intermediate/Advanced</td>
<td>1.00-2.00</td>
<td>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, snowshoeing. Courses are graded Pass/Fail. Some courses require fees.</td>
</tr>
<tr>
<td>KIN-170A</td>
<td>Baseball</td>
<td>1.00-2.00</td>
<td>Folk, social, square, jazz, modern, country swing, and line dances. Graded P/F only. Some courses require fees.</td>
</tr>
<tr>
<td>KIN-170B</td>
<td>Basketball</td>
<td>1.00-2.00</td>
<td>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.</td>
</tr>
<tr>
<td>KIN-170C</td>
<td>Field Hockey</td>
<td>1.00-2.00</td>
<td>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.</td>
</tr>
<tr>
<td>KIN-170D</td>
<td>Football</td>
<td>1.00-2.00</td>
<td>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.</td>
</tr>
<tr>
<td>KIN-170E</td>
<td>Football-Flag</td>
<td>1.00-2.00</td>
<td>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.</td>
</tr>
<tr>
<td>KIN-170F</td>
<td>Ice Hockey</td>
<td>1.00-2.00</td>
<td>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.</td>
</tr>
<tr>
<td>KIN-170G</td>
<td>Lacrosse</td>
<td>1.00-2.00</td>
<td>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.</td>
</tr>
<tr>
<td>KIN-170H</td>
<td>Rugby</td>
<td>1.00-2.00</td>
<td>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.</td>
</tr>
</tbody>
</table>
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-171I 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-171J 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.
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-181Q SCUBA-PADI OPEN WATER-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-181R SWIMMING LESSONS-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-181S SYNCHRONIZED SWIM-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-181T WATER GAMES-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-181U WATER POLO-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-181V WATER SAFETY INSTRUCTOR CERTIFICATION-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.
KIN-181W WATERSKIING-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-181X WATER WALKERS-BEGINNING 1.00-2.00 Credits
This course number sequence includes beginning instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-182A AEROBICS-AQUA-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-182B AEROBICS-SWIM FITNESS-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-182C AEROBICS-WATER-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-182D AQUATIC CONDITIONING-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-182E CANOEING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-182F DIVING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits
This course number sequence includes intermediate/advanced instruction in a variety of courses including but not limited to aquatic conditioning, canoeing, fly casting, life guard certification, paddle/row, rafting, scuba diving, swim lessons, water games, Water Safety Instructor certification (WSI), water aerobics, water walkers. Courses are graded Pass/Fail. Some courses require fees.

KIN-182G FISHING-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-182H FLY FISHING-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-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-182K 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-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-182N ROWING-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.
and affected by sport. Introduction to the academic discipline of Sociology of Sport. Investigation and discussion of the interrelationship among sports, culture and society. Broad overview of selected socio-cultural factors influencing

KIN-220 SOCIAL-CULTURAL ASPECTS OF SPORTS 3.00 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
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 on the application of concepts learned in lecture to rehabilitation and sport situations. This will occur through hands-on activities and experiments involving contemporary forms of biomechanical instrumentation. Pre-requisite/co-requisite: KIN-363.

KIN-362 BIOMECHANICS 3.00 Credits
The anatomical and mechanical analysis of the body in motion. Pre-requisite: BIOL-175 or BIOL-227 and Math Level C or higher: Core math ready (excluding 153P and 123P) or core math complete. See Course Placement Chart for equivalent courses and test scores.

KIN-363 PHYSIOLOGY OF EXERCISE 3.00 Credits
The study of how the human body adapts physiologically to the acute stress of exercise or physical activity, and the chronic stress of physical training. Fee required. Recommended pre-requisite: KIN-272/HLTH-272 and/or BIOL-175 or BIOL-252.

KIN-364 EXERCISE PHYSIOLOGY LABORATORY 1.00 Credit
The application of physiological principles toward understanding the physiological adjustments that occur to maintain homeostasis in the exercising human. Pre-requisite/co-requisite: KIN-362.

KIN-365 CLINICAL EXERCISE PHYSIOLOGY & PRESCRIPTION 3.00 Credits
This course provides the foundational understanding of the pathophysiological processes of various common chronic conditions. Emphasis will be placed on the acute and chronic responses to exercise in patients at risk for or having cardiac, pulmonary, metabolic and other diseases. Pre-requisite: KIN-363.
KIN-370 MOTOR LEARNING/MOTOR DEVELOPMENT 3.00 Credits
Provides the teacher, coach, or self-instructing athlete with a comprehensive understanding of the developmental (physical, psychological, and social) processes involved in the learning of sport skills. Explores useful training ideas for all types of performers (beginners-advanced, young-old, male-female) in all types of sports and wellness professionals.

KIN-381 TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION 3.00 Credits
The study of basic statistical methods and research design as applied in Kinesiology. Pre-requisite: A grade of 'C' or better in MATH-025 or appropriate placement score.

KIN-390 DIRECTED STUDY IN KINESIOLOGY 1.00-12.00 Credits

KIN-391 WORKSHOP IN KINESIOLOGY 1.00-12.00 Credits

KIN-392 SPECIAL TOPICS IN KINESIOLOGY 1.00-12.00 Credits

KIN-395 PRACTICUM IN KINESIOLOGY 1.00-12.00 Credits

KIN-399 RESEARCH ASSISTANTSHIP 1.00-12.00 Credits
Graded P/F only.

KIN-410 SPORTS PSYCHOLOGY 3.00 Credits
Application of the principles and methodologies of psychology to athletics. Topics include individual philosophies of sport, motivation, personality of coaches and athletes, recreational sports for children, psychological testing, training and learning principles, mind/body relationships, and the effects of anxiety, arousal, and relaxation on performance and current research in the field. Pre-requisite: PSYC-101 or PSYC-205 or permission of instructor and Sophomore Standing. Cross-listed with PSYC-410.

KIN-411 EXERCISE PSYCHOLOGY 3.00 Credits
The application of the principles and methodologies of psychology to physical activity and sedentary behavior. Pre-requisite: PSYC-101 or permission from the instructor.

KIN-421 PHILOSOPHY OF SPORT 3.00 Credits
This course is designed to introduce students to philosophical concepts and their application to sport.

KIN-425 ETHICAL DECISION-MAKING SPORT LEADERS 3.00 Credits
The study of moral reasoning, rationality, and reflection on ethical dilemmas in sport using nonfiction short stories, documentary video, and movies. Pre-requisite: A grade of 'C' or better in ENGL-101 or appropriate placement score and Junior standing.

KIN-433 BALANCE AND MOBILITY 3.00 Credits
The course is designed for students interested in helping individuals especially senior citizens protect themselves from injury-causing falls. The course content will focus on the aging process, postural strategies, gait patterns, multi-sensory training, strength/flexibility activities, and balance/mobility assessments and strategies. Students will 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. 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.

KIN-501 APPLIED SPORT PSYCHOLOGY 3.00 Credits
The primary goal of the course is to develop and enhance students’ knowledge of concepts and techniques of performance psychology and their application to achieving important objectives in sport. The course and textbooks combine theory and research with the practical knowledge and methods of expert performance psychology consultants. Principles and practical applications are presented conjunctively throughout the course. Class time will be dedicated to understanding and applying the various aspects of sport psychology, including psychological skills training. Acceptance into Graduate Sport Coaching Certificate Program required.

KIN-520 COACHING COMPETITIVE ETHICS 3.00 Credits
The purpose of this course is to enable the student to understand and apply ethical values as a practitioner (coach) in the realm of competitive sport. Acceptance into Graduate Sport Coaching Certificate Program required.

KIN-563 APPLIED SPORT PHYSIOLOGY 3.00 Credits
The primary goal of this course is to provide students with an overview of important physiological concepts and their application to achieving important objectives in sport. Students will explore physiology topics in the neuromuscular, endocrine, metabolic, and cardiovascular systems. The practical application of these topics will be examined through principles of training including endurance, power, strength, and program development. Class time will be dedicated to understanding and applying the various aspects of sport physiology to enable students to competently train athletes in their future careers. Acceptance into Graduate Sport Coaching Certificate Program required.

KIN-594 SPORT COACHING INTERNSHIP 6.00 Credits
The purpose of this course is to engage in and enhance sport coaching skill and proficiency working with an age group and competitive level of your choice. Acceptance into Graduate Sport Coaching Certificate Program required.