

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

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

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

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

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

KIN-131D CONDITIONING-BEGINNING 1.00-2.00 Credits

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

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

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

KIN-131F FITNESS-BEGINNING 1.00-2.00 Credits

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

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

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

KIN-131H PILATES-BEGINNING 1.00-2.00 Credits

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

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

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

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

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

KIN-131K SPINNING-BEGINNING 1.00-2.00 Credits

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

KIN-131W XFIT-BEGINNING 1.00-2.00 Credits

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

This course number sequence includes intermediate/advanced instruction in a variety of fitness and group exercise courses including but not limited to bodysculpting, 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-140M SHOTGUN SHOOTING 1.00-2.00 Credits

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

KIN-140N STUNTS AND TUMBLING 1.00-2.00 Credits

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

KIN-140P TENNIS 1.00-2.00 Credits

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

KIN-140Q TRACK AND FIELD 1.00-2.00 Credits

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

KIN-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-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-160J 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-160M 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-160N 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-160P 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-160Q 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-161A BACKPACKING-BEGINNING 1.00-2.00 Credits

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

KIN-170 DANCE 1.00-2.00 Credits

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

KIN-170A BASEBALL 1.00-2.00 Credits

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

KIN-170B BASKETBALL 1.00-2.00 Credits

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

KIN-170C FIELD HOCKEY 1.00-2.00 Credits

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

KIN-170D FOOTBALL 1.00-2.00 Credits

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

KIN-170E FOOTBALL-FLAG 1.00-2.00 Credits

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

KIN-170F ICE HOCKEY 1.00-2.00 Credits

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

KIN-170G LACROSSE 1.00-2.00 Credits

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

KIN-170H RUGBY 1.00-2.00 Credits

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

KIN-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-182P SAILING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

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

KIN-182Q SCUBA-PADI OPEN WATER-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits

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

KIN-182R SWIMMING LESSONS-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

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

KIN-182S SYNCHRONIZED SWIMMING-INTERMEDIATE/ ADVANCED 1.00-2.00 Credits

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

KIN-182T WATER GAMES-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

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

KIN-182U WATER POLO-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

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

KIN-182V WATER SAFETY INSTRUCTOR CERTIFICATION- INTERMEDIATE/ADVANCED 1.00-2.00 Credits

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

KIN-182W WATERSKIING-INTERMEDIATE/ADVANCED 1.00-2.00 Credits

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

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

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

KIN-189 GARDENING FOR WELLNESS 1.00 Credit

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

KIN-190 DIRECTED STUDY IN KINESIOLOGY 1.00-12.00 Credits

KIN-192 SPECIAL TOPICS IN KINESIOLOGY 1.00-12.00 Credits

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

KIN-215 WEIGHT MANAGEMENT 1.00 Credit

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

KIN-216 PHYSICAL EDUCATION FOR THE ELEMENTARY TEACHER 2.00 Credits

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

KIN-220 SOCIAL-CULTURAL ASPECTS OF SPORTS 3.00 Credits

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

KIN-221 HISTORY OF SPORT 3.00 Credits

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

KIN-241 SPORTS OFFICIATING 2.00 Credits

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

KIN-248 SPORTS MEDICINE 3.00 Credits

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

KIN-260 INTRODUCTION TO KINESIOLOGY AND HEALTH 1.00 Credit

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

KIN-261 SKILL AND ANALYSIS: COURT SPORTS 1.00 Credit

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

KIN-262 SKILL AND ANALYSIS: FIELD SPORTS 1.00 Credit

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

KIN-267 SKILL/ANALYSIS: STRENGTH DEVELOPMENT 1.00 Credit

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

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

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

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

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

KIN-272 FITNESS AND WELLNESS 3.00 Credits

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

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

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

KIN-292 SPECIAL TOPICS IN KINESIOLOGY 1.00-12.00 Credits

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

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

Graded P/F only.

KIN-340 ADVANCED COACHING THEORY 2.00 Credits

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

KIN-341 TECHNIQUES AND METHODS OF COACHING BASKETBALL 2.00 Credits

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

KIN-342 TECHNIQUES AND METHODS OF COACHING BASEBALL 2.00 Credits

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

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

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

KIN-344 TECHNIQUES AND METHODS OF COACHING FOOTBALL 2.00 Credits

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

KIN-345 TECHNIQUES AND METHODS OF COACHING VOLLEYBALL 2.00 Credits

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

KIN-346 TECHNIQUES AND METHODS OF COACHING SOCCER 2.00 Credits

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

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

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

KIN-349 TECHNIQUES AND METHODS OF COACHING WRESTLING 2.00 Credits

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

KIN-352 YOUTH SPORTS AND RECREATION 3.00 Credits

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

KIN-355 STRATEGIES FOR TEACHING PHYSICAL ACTIVITIES 3.00 Credits

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

KIN-361 BIOMECHANICS LABORATORY 1.00 Credit

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

KIN-362 BIOMECHANICS 3.00 Credits

The anatomical and mechanical analysis of the body in motion. Pre-requisite: BIOL-175 or BIOL-227 and Math 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 learn how to administer screenings and assessments, develop health plans, design lessons/activities and teach classes. Pre-requisite: Sophomore standing.

KIN-434 EXERCISE PRESCRIPTION 3.00 Credits

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

KIN-435 AGING AND PHYSICAL ACTIVITY 3.00 Credits

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

KIN-436 PERSONAL/GROUP TRAINING CERT PREP 3.00 Credits

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

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

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

KIN-472 OUTDOOR EDUCATION 3.00 Credits

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

KIN-484 COMMUNITY RELATIONS IN SPORT 3.00 Credits

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

KIN-485 SPORT LAW 3.00 Credits

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

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

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

KIN-487 SPORT ADMINISTRATION 3.00 Credits

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

KIN-488 SPORT FACILITIES AND EVENT MANAGEMENT 3.00 Credits

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

KIN-489 SPORT MARKETING AND ADVERTISING 3.00 Credits

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

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

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

KIN-492 SPECIAL TOPICS IN KINESIOLOGY 1.00-12.00 Credits

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

KIN-494 INTERNSHIP IN KINESIOLOGY 1.00-12.00 Credits

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

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

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

KIN-499 RESEARCH PROJECT/SEMINAR II 3.00 Credits

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

KIN-510 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.