

KINE - KINESIOLOGY

KINE 1102 Football I 1 Credit Hour (1 Lec, 2 Lab)

KINE 1108 Pilates I 1 Credit Hour (0 Lec, 3 Lab)

This course is to increase strength, flexibility, range of motion, coordination, and ease of movement through participation in the Pilates method of physical conditioning.

KINE 1113 Weight Training I 1 Credit Hour (0 Lec, 3 Lab)

Instruction and practice in proper techniques of strength flexibility and aerobic development based upon knowledge of basic training principles. Course also stresses the use of proper body mechanics and safety.

KINE 1114 Weight Training II 1 Credit Hour (0 Lec, 3 Lab)

Instruction and practice in proper techniques of strength flexibility and aerobic development based upon knowledge of basic training principles. Course also stresses the use of proper body mechanics and safety. Prerequisite: KINE 1113 must be taken before KINE 1114.

KINE 1115 Beginner's Swimming 1 Credit Hour (0 Lec, 3 Lab)

Development of the basic strokes along with deep water orientation and safety and rescue skills.

KINE 1116 Intermediate Swimming 1 Credit Hour (0 Lec, 3 Lab)

Review of the basic strokes and development of advanced strokes. Instruction and practice in standard Red Cross Lifesaving techniques. Prerequisite: KINE 1115 must be taken before KINE 1116.

KINE 1117 Rhythms 1 Credit Hour (0 Lec, 3 Lab)

An introductory course with instruction and practice in modern dance, folk dance, and social dancing. Some time devoted to muscle toning.

KINE 1123 Self Defense I 1 Credit Hour (0 Lec, 3 Lab)

Instruction and practice in standard self-defense. The purposes of the course are to: develop physical fitness and strength, develop protective skills, and develop self-confidence.

KINE 1124 Hatha Yoga I 1 Credit Hour (0 Lec, 3 Lab)

This course combines Hatha yoga with modern fitness movements and safety guidelines for a balanced total body/mind workout.

KINE 1129 Water Aerobics I 1 Credit Hour (0 Lec, 3 Lab)

Development of fundamental water aerobics skills necessary for cardiovascular fitness.

KINE 1130 Indoor Cycling I 1 Credit Hour (0 Lec, 3 Lab)

Instruction and practice in an aerobic activity (Indoor Cycling) that enhances fitness of the cardiovascular system.

KINE 1131 Aerobics I 1 Credit Hour (0 Lec, 3 Lab)

Instruction and practice in a variety of activities including aerobic dance, to enhance fitness of the heart, lungs, and vascular system.

KINE 1134 Bowling II 1 Credit Hour (1 Lec, 2 Lab)

KINE 1137 Basketball I 1 Credit Hour (0 Lec, 3 Lab)

Instruction in rules and fundamental skills of basketball. Basic offensive and defensive team strategies are covered.

KINE 1138 Basketball II 1 Credit Hour (0 Lec, 3 Lab)

Instruction in rules and fundamental skills of basketball. Basic offensive and defensive team strategies are covered. Prerequisite: KINE 1137 must be taken before KINE 1138.

KINE 1139 Jogging I 1 Credit Hour (0 Lec, 3 Lab)

Fundamental instruction and practice in the basic principles and techniques of effective jogging.

KINE 1146 Conditioning Body Sculpting I 1 Credit Hour (0 Lec, 3 Lab)

A physical-conditioning course that emphasizes correct techniques for improving muscular endurance with individual and partner exercises from athletics to yoga. May include Pilates mat work, aerobic rhythmic activities, body sculpting, medicine ball, and balance ball exercises.

KINE 1147 Power Walking I 1 Credit Hour (0 Lec, 3 Lab)

Fundamental instruction and development of proper walking techniques.

KINE 1148 Power Walking II 1 Credit Hour (0 Lec, 3 Lab)

Fundamental instruction and development of proper walking techniques.

KINE 1164 Introduction to Physical Fitness and Wellness 1 Credit Hour (1 Lec, 1 Lab)

This course will provide an overview of the lifestyle necessary for fitness and health. Students will participate in physical activities and assess their fitness status. Students will be introduced to proper nutrition, weight management, cardiovascular health, flexibility, and strength training.

KINE 1238 Introduction to Physical Fitness and Sport 2 Credit Hours (2 Lec, 1 Lab)

Orientation to the field of physical fitness and sport. Includes the study and practice of activities and principles that promote physical fitness.

KINE 1301 Foundations of Kinesiology 3 Credit Hours (3 Lec)

The purpose of this course is to provide students with an introduction to human movement that includes the historical development of physical education, exercise science, and sport. This course offers the student both an introduction to the knowledge base, as well as, information on expanding career opportunities.

Course Type: Component Area Option - A CAPP

KINE 1304 Personal/Community Health 3 Credit Hours (3 Lec)

This course provides an introduction to the fundamentals, concepts, strategies, applications, and contemporary trends related to understanding personal and/or community health issues. This course also focuses on empowering various populations with the ability to practice healthy living, promote healthy lifestyles, and enhance individual well-being.

Course Type: Component Area Option - A CAPP

KINE 1306 First Aid 3 Credit Hours (3 Lec)

Instruction and practice for emergency care. Designed to enable students to recognize and avoid hazards within their environment, to render intelligent assistance in case of accident or sudden illness, and to develop skills necessary for the immediate and temporary care of the victim. Successful completion of the course may enable the student to receive a certificate from a nationally recognized agency.

KINE 1308 Sports Officiating 3 Credit Hours (2 Lec, 2 Lab)

The purpose of the course is to study officiating requirements for sports and games with an emphasis on mechanics, rule interpretation, and enforcement.

KINE 1321 Coaching/Sports/Athletics 3 Credit Hours (2 Lec, 2 Lab)

Study of history, theories, philosophies, rules, and terminology of competitive sports. Includes coaching techniques.

KINE 1331 Physical Education for Elementary Education Majors 3 Credit Hours (3 Lec)

An overview of the program of activities in elementary school physical education. Includes the study and practice of activities and principles that promote physical fitness with an emphasis on historical development, philosophical implications, physical fitness, and kinesiology.

KINE 1336 Introduction to Recreation 3 Credit Hours (3 Lec)

Fundamental theory and concepts of recreational activities with emphasis on programs, planning, and leadership.

KINE 1338 Concepts of Physical Fitness 3 Credit Hours (3 Lec, 1 Lab)

This course is designed to familiarize students with knowledge, understanding and values of health related fitness and its influence on the quality of life emphasizing the development and implementation of fitness programs.

KINE 1346 Drug Use & Abuse 3 Credit Hours (3 Lec)

Study of the use, misuse and abuse of drugs and other harmful substances in today's society. Physiological, sociological, pharmacological and psychological factors will be emphasized. Course Type: Component Area Option - A CAPP

KINE 2102 Football II 1 Credit Hour (1 Lec, 2 Lab)

KINE 2108 Pilates II 1 Credit Hour (0 Lec, 3 Lab)

This course is to increase strength, flexibility, range of motion, coordination, and ease of movement through participation in the Pilates method of physical conditioning. Prerequisite: KINE 1108 must be taken before KINE 2108.

KINE 2113 Weight Training III 1 Credit Hour (0 Lec, 3 Lab)

Continued development of proper techniques in flexibility and aerobics applying the physiological principles of weight training. Prerequisite: KINE 1114 must be taken before 2113.

KINE 2114 Weight Training IIII 1 Credit Hour (0 Lec, 3 Lab)

Continued development of proper techniques in flexibility and aerobics applying the physiological principles of weight training. Prerequisite: KINE 2113 must be taken before KINE 2114.

KINE 2123 Advanced Self-Defense 1 Credit Hour (0 Lec, 3 Lab)

Advanced techniques of instruction and practice in self-defense. The purpose of the course is to develop physical fitness and strength, develop protective skills, and develop self-confidence. Prerequisite: KINE 1123 must be taken before KINE 2123.

KINE 2124 Hatha Yoga II 1 Credit Hour (0 Lec, 3 Lab)

A review of Hatha yoga with modern fitness movements and safety guidelines for a balanced, total body/mind workout. Prerequisite: KINE 1124 must be taken before KINE 2124.

KINE 2129 Water Aerobics II 1 Credit Hour (0 Lec, 3 Lab)

Development of fundamental water aerobics skills necessary for cardiovascular fitness. Prerequisite: KINE 1129 must be taken before KINE 2129.

KINE 2130 Indoor Cycling II 1 Credit Hour (0 Lec, 3 Lab)

Instruction and practice in an aerobic activity (Indoor Cycling) that enhance fitness of the cardiovascular system. Prerequisite: KINE 1130 must be taken before KINE 2130.

KINE 2131 Aerobics II 1 Credit Hour (0 Lec, 3 Lab)

Instruction and practice in a variety of activities including aerobic dance, to enhance fitness of the heart, lungs, and vascular system. Prerequisite: KINE 1131 must be taken before KINE 2131

KINE 2137 Intermediate Basketball 1 Credit Hour (0 Lec, 3 Lab)

Review of fundamental basketball skills with an emphasis on intermediate offensive and defensive team strategies. Prerequisite: KINE 1138 must be taken before KINE 2137.

KINE 2138 Advanced Basketball 1 Credit Hour (0 Lec, 3 Lab)

Review of fundamental basketball skills with an emphasis on advanced offensive and defensive team strategies and internal tournament play. Prerequisite: KINE 2137 must be taken before KINE 2138.

KINE 2139 Jogging II 1 Credit Hour (0 Lec, 3 Lab)

Review of fundamental instruction and practice in the basic principles and techniques of effective jogging. Prerequisite: KINE 1139 must be taken before KINE 2139.

KINE 2146 Conditioning Body Sculpting II 1 Credit Hour (0 Lec, 3 Lab)

A physical-conditioning course that emphasizes correct techniques for improving muscular endurance with individual and partner exercises from athletics to yoga. May include Pilates mat work, aerobic rhythmic activities, body sculpting, medicine ball, and balance ball exercises. Prerequisite: KINE 1146 must be taken before KINE 2146.

KINE 2147 Advanced Power Walking I 1 Credit Hour (0 Lec, 3 Lab)

Advanced fundamental instruction and proper techniques of walking. Prerequisite: KINE 1148 must be taken before 2147.

KINE 2148 Advanced Power Walking II 1 Credit Hour (0 Lec, 3 Lab)

Advanced fundamental instruction and proper techniques of walking. Prerequisite: KINE 2147 must be taken before KINE 2148.

KINE 2356 Care and Prevention of Athletic Injuries 3 Credit Hours (3 Lec)

Prevention and care of athletic injuries with emphasis on qualities of a good athletic trainer, avoiding accidents and injuries, recognizing signs and symptoms of specific sports injuries and conditions, immediate and long-term care of injuries, and administration procedures in athletic training. Prerequisite: BIOL 2301 (LEC) and BIOL 2101 (LAB).