

associated with modern music and application of these rhythms to partner dance. (Course fee, \$4) FS (Formerly KAC 80T)

## **KAC 12. Elementary Social Dance (1)**

An introduction to a variety of dances. Includes the basic step and variations for the cha-cha, waltz, fox trot, swing, tango, and rumba. (Course fee, \$4) FS

## **KAC 13. Swing Dance (1)**

Exploration of the many facets of swing dance for couples, including step patterns, rhythms, and configurations. (Course fee, \$4) FS

## **KAC 14. Country Western (1)**

Introduction to a variety of country western line, contra, circle, and partner dances. (Course fee, \$4) FS

## **Individual Activities (KAC)**

### **KAC 15. Basic Massage (1)**

Fundamental massage techniques; types of massage and their usage; physiological and psychological effects of massage, classical Swedish massage strokes and their sequence. (Course fee, \$4) FS

### **KAC 16. Adapted Physical Activity (1)**

Individually designed activity for disabled students. (Course fee, \$4) FS

### **KAC 17. Elementary Archery (1)**

Instruction in archery skills, including care and construction of tackle. Emphasis on fundamental skills and shooting form. (Course fee, \$4) FS

### **KAC 19. Elementary Badminton (1)**

Instruction in basic skills and techniques of badminton for singles, doubles, and mixed doubles play. Emphasis on basic skill development, rules, and strategy. (Course fee, \$4) FS

### **KAC 21. Elementary Strength Training (1)**

Basic knowledge and concepts of use of resistive exercises to increase muscular strength and endurance. The course stresses the physiological considerations of weight training, selecting exercises for basic programs, charting workouts, nutritional considerations, and the safety of weight training. (Course fee, \$4) FS

### **KAC 22. Elementary Bowling (1)**

An introductory course which stresses fundamentals of the stance, approach and delivery, scoring, bowling terminology, etiquette, and league play. (Course fee, \$25) FS

### **KAC 24. Elementary Conditioning Exercises and Aerobics (1)**

A variety of floor and step activities to develop and improve strength, flexibility, and cardiovascular endurance. (Course fee, \$4) FS

### **KAC 26. Shiatsu Massage (1)**

Basic theory and practice of Shiatsu massage, with emphasis on proper body alignment. (Course fee, \$4) FS (Formerly KAC 80T)

### **KAC 27. Elementary Fencing (1)**

Instruction in the on-guard position, footwork, basic defensive and offensive skills, and judging a foil fencing bout. Emphasis on foil fencing. (Course fee, \$4) FS

### **KAC 28. Beginning Billiards (1)**

Basic concepts, techniques, skills, and strategies associated with billiards, pool, and similar games. (Course fee, \$4) FS (Formerly KAC 80T)

### **KAC 30. Elementary Golf (1)**

Beginning instruction on the techniques for putting, chipping, pitching, iron, and wood shots. Also includes rules and etiquette for golf. (Course fee, \$4) FS

### **KAC 31. Elementary Gymnastics (1)**

Basic skills for balancing, stunts, tumbling, trampolining and apparatus work. (Course fee, \$4) FS

### **KAC 33. Fitness Walking (1)**

Designed to improve physical and emotional health through walking for pre-set duration and intensity. Includes benefits, walking technique, weight loss plan, and pre- and post-fitness levels. (Course fee, \$4) FS

### **KAC 39. Jogging (1)**

Instruction in the basic principles of fitness as they apply to a jogging program. Emphasis on learning how to train/workout, cardiorespiratory endurance, and proper walking/jogging techniques and flexibility. (Course fee, \$4) FS

### **KAC 40. Elementary Karate (1)**

Japanese style of Shotokan Karate. (Course fee, \$4) FS

### **KAC 41. Judo (1)**

Basic instruction in techniques for throwing, grappling skills, and limited self-defense. Students should achieve technical level of yellow belt. (Course fee, \$4) FS

### **KAC 42. Physical Training (2)**

Unique overall fitness program emphasizing strength and endurance training. Designed to tone muscles, promote weight loss and increase stamina. Course is tailored to individual student needs. Program includes running, weight lifting, aerobics, organized sports, and calisthenics. (Course fee, \$4) FS

### **KAC 43. Taekwondo (1)**

Korean martial art and Olympic event; emphasizes self-control, balance and coordination, flexibility, speed, self-defense, and Olympic-style sparring. (Course fee, \$4) FS

### **KAC 44. Kendo (1)**

The art of Japanese fencing; emphasizes self-discipline, physical training, competition, and swordsmanship. (Course fee, \$4) FS

### **KAC 45. Basic Aikido (1)**

Basic Aikido techniques, terminology, and Dojo etiquette. Facilitates the understanding and application of basic Aikido self-defense techniques, and prepares the student with basic skills necessary to comfortably train in any Aikido Dojo. (Course fee, \$4) FS

### **KAC 46. Elementary Racquetball (1)**

Introduction to rules, etiquette, basic strategy, and a variety of shots, including the forehand and backhand drive, lob, pinch, kill, and back-wall. Also includes a variety of serves. (Course fee, \$4) FS

### **KAC 47. Tai Chi (1)**

Fundamentals of history, philosophy, and practice of Tai Chi. (Course fee, \$4) FS (Formerly KAC 80T)

### **KAC 48. Cardiovascular Boot Camp (1)**

An advanced physical conditioning course that provides students with a military style cardiorespiratory and strength training program which will promote lifetime fitness. (Course fee, \$4) FS (Formerly KAC 80T)

### **KAC 49. Kickboxing (1)**

Basic kickboxing techniques and physical conditioning. (Course fee, \$4) FS (Formerly KAC 80T)

### **KAC 50. Assault Avoidance Techniques (1)**

Physical training and practice to facilitate the understanding and application of basic self-defense techniques and to raise awareness for personal safety and empowerment. Explores many creative self-defense strategies. (Course fee, \$4) FS (Formerly KAC 80T)

### **KAC 51. Self-defense (1)**

Instruction in the basics of personal defense and safety. Emphasis will be on awareness and prevention as well as techniques for dealing with an assailant. (Course fee, \$4) FS

### **KAC 53. Beginning Table Tennis (1)**

Instruction in basic skills and techniques of table tennis for singles and doubles play. Emphasis upon footwork, strokes, different spins, and strategies. (Course fee, \$4) FS

### **KAC 54. Elementary Tennis (1)**

Designed for players with little or no experience who want to review the basics. Topics include terminology, stroke fundamentals, game rules, basic positioning for singles and doubles play, footwork, and etiquette. Non-marking tennis-specific shoes required. (Course fee, \$4) FS