

KAC 60. Yoga (1)

Instruction and practice in the basics of Hatha Yoga. Includes beginning breathing patterns, relaxation techniques, physical postures, and concentration exercises. (Course fee, \$4) FS

KAC 61. Fitness Development through Pilates Mat (1)

Basic principles and techniques of Pilates mat exercises. (Course fee, \$4) FS (Formerly KAC 80T)

KAC 117. Intermediate Archery (1)

Prerequisite: KAC 17 or equivalent. Refinements of basic shooting skills and shooting events at intermediate skill level. (Course fee, \$4)

KAC 122. Intermediate Bowling (1)

Prerequisite: KAC 22 or equivalent, an average score of 130 or more, or permission of instructor. Refinement of bowling skills. Group and individualized instruction along with concentrated practice. (Course fee, \$25)

KAC 123. Advanced Bowling (2)

Development and refinement of bowling skills and strategies at a level equivalent to high-level competition. (Course fee, \$25)

KAC 131. Intermediate Gymnastics (1)

Prerequisite: KAC 31 or equivalent. Develop, practice, and refine intermediate tumbling and gymnastic skills. (Course fee, \$4)

KAC 154. Intermediate Tennis (1)

Prerequisite: KAC 54 or equivalent. Review of beginning level skills and introduction of intermediate level tennis strokes and strategy. Non-marking tennis-specific shoes required. (Course fee, \$4) FS

Team Activities (KAC)**KAC 65. Basketball (1)**

Participation-based course emphasizing basketball fundamentals such as passing, dribbling, and shooting, as well as basic fast break and offensive and defensive principles. (Course fee, \$4) FS

KAC 68. Soccer (1)

Instruction and practice in the basic fundamentals of soccer. Includes game rules, terminology, participation and competition drills, fundamental soccer skills, conditioning, principles of play, and appropriate sportsmanship. (Course fee, \$4) FS

KAC 71. Elementary Volleyball (1)

Instruction and practice in basic fundamentals of volleyball. Includes setting, serving, passing, blocking, rules and strategies, and practical applications of knowledge in game situations. (Course fee, \$4) FS

KAC 73. Softball (1)

Instruction and practice in playing skills, strategies, and rules of softball. Includes individual skill, offensive and defensive skills and concepts, modified game activities, and competitive opportunities. (Course fee, \$4) FS

KAC 80T. Topics in Kinesiology (1-2; max total 8 if no topic repeated)

Participation in and investigation of selected physical activities not in current curriculum. (Course fee, \$4) FS

KAC 171. Intermediate Volleyball (1)

Prerequisite: KAC 71 or equivalent. Review of basic skills and introduction of intermediate level skills and strategies. (Course fee, \$4) FS

Kinesiology (KINES)**KINES 20. Fitness Development (1)**

Fundamental and basic principles of development of physical fitness; integration of theory and practice. Physical performance and written requirements included. Prerequisite for many other kinesiology courses. (2 lab hours) FS

KINES 25. Conditioning and Resistance Training Techniques (1)

Prerequisite: KINES 20. The foundational application, performance, supervision, and instruction of accepted strength training and conditioning techniques.

KINES 31. Historical and Professional Foundations of Physical Education (3)

Prerequisite: KINES 20. Introduction to the physical education profession. Includes history, philosophy, psychology, sociology, concepts, programs, state and national standards, qualifications, career issues, and future of the discipline.

KINES 32. Lifetime Fitness and Wellness (2)

Healthy lifestyle patterns, exercise, nutrition, and physiological hygiene. Prevention of chronic diseases. Long-term behavior modification. Includes physiological measurements, nutritional analysis, and principle of exercise. Requires concurrent enrollment in one of the following: KAC 6, 21, 24, 31, 33, 39, or 103. G.E. Breadth E1. FS

KINES 33. Foundations of Sport and Exercise Psychology (3)

The study and application of psychological principles and foundations to sport and exercise across the lifespan and across activity contexts. FS

KINES 35. Human Structure and Function: Applications to Kinesiology (3)

Prerequisite: KINES 20. An introductory study of principles, concepts, and interactions of human anatomy and physiology specifically related to physical activity and directed toward kinesiologists and/or coaches. Emphasis on metabolic (bioenergetics), respiratory, cardiovascular, neuromuscular, and skeletal systems. FS

KINES 38. Introduction to Athletic Training (3)

Designed for prospective coaches, athletic trainers, and health and physical educators. Aids in the recognition, evaluation, and care of athletic injuries. Techniques in taping, prevention, and rehabilitation of injuries. (2 lecture, 2 lab hours) FS

KINES 43. Preliminary Athletic Training Laboratory (1; max total 2)

Prerequisite: HS 48, KINES 20, KINES 38. Designed for prospective athletic training students. A minimum of 100 hours of directed observation under the supervision of a certified athletic trainer is a course requirement. CR/NC grading only. FS

KINES 75T. Topics in Kinesiology (1-3; max total 8)

Introductory topics in kinesiology not available through current curricula offerings. FS

KINES 104. Information Systems and Technology in Kinesiology (3)

Prerequisite: KINES 20. Introduction to computers with an emphasis on document production, choosing and using appropriate software, and accessing CD-ROM-based and on-line kinesiology databases. Contemporary computer hardware and software applications for the kinesiologist. (2 lecture, 2 lab hours) FS

KINES 109. Motor Learning (3)

No credit if taken after KINES 110. Prerequisite: KINES 20. Principles of motor learning. The study of various theories. Application of theories and findings in presentations and planning of movement activities. (2 lecture, 2 lab hours) FS

KINES 110. Motor Development (3)

Prerequisites: KINES 20, 25, 31, 32, 33, 35, 116, 118, 120; KAC Area A and B. Comprehensive study of physical, psychological, and social stages of human development through the lifespan related to motor development. Students will be prepared to recognize, assess, and provide feedback related to developmental and learning sequences and to basic movement patterns.