KINESIOLOGY-ACTIVITY (KINA)

KINA 101 Beginning Swimming 1 Credit
KINA 102 Intermediate Swimming 1 Credit
KINA 103 Springboard Diving 1 Credit
KINA 104 Water Polo 1 Credit
KINA 105 Water Aerobics 1 Credit
KINA 106 Beginning Scuba 1 Credit
Fees: Yes.
KINA 107 Advanced Scuba 1 Credit
Fees: Yes.
KINA 108 Canoeing 1 Credit
KINA 109 Kayaking 1 Credit
KINA 110 River Rafting 1 Credit
KINA 111 Rock Climbing 1 Credit
KINA 112 Hiking 1 Credit
KINA 113 Beginning Bowling 1 Credit
KINA 114 Intermediate Bowling 1 Credit
KINA 115 Beginning Golf 1 Credit
KINA 115A Disc Golf and Ultimate 1 Credit
KINA 116 Intermediate Golf 1 Credit
KINA 117 Badminton 1 Credit
KINA 118 Karate 1 Credit
KINA 118A Karate II 1 Credit
KINA 119 Archery 1 Credit
KINA 120 Backpacking 1 Credit
KINA 121 Beginning Tennis 1 Credit
KINA 121A Pickleball 1 Credit
KINA 122 Intermediate Tennis 1 Credit
KINA 123 Racquetball 1 Credit
KINA 124 Intermediate Racquetball 1 Credit
KINA 125 Handball 1 Credit
KINA 126 Fitness Walking 1 Credit
KINA 127 Physical Conditioning 1 Credit
Fees: Yes.
KINA 128 Intermediate Weight Training 1 Credit
KINA 129 Weight Training 1 Credit
KINA 130 Fitness 1 Credit
KINA 131 Low-Impact Aerobics 1 Credit
KINA 132 High-Impact Aerobics 1 Credit
KINA 133 Downhill Skiing 1 Credit
Fees: Yes.
KINA 134 Snowboarding 1 Credit
Fees: Yes.
KINA 135 Telemark Skiing 1 Credit
Fees: Yes.
KINA 136 Body Shaping 1 Credit
KINA 137 Fencing 1 Credit
KINA 137A Intermediate Fencing 1 Credit
KINA 138 Step Aerobics 1 Credit
KINA 139 In-Line Skating 1 Credit
KINA 140 Snowshoeing 1 Credit
KINA 141 Mountain Biking 1 Credit
KINA 142 Self-Defense 1 Credit
KINA 143 Orienteering 1 Credit
KINA 144 Pilates 1 Credit
KINA 145 Wrestling 1 Credit
KINA 146 Indoor Cycling 1 Credit
KINA 147 Track and Field 1 Credit
KINA 148 Gymnastics 1 Credit
KINA 149 Broomball 1 Credit
KINA 150 Adaptive Aquatics 1 Credit
KINA 151 Adaptive Physical Activity 1 Credit
KINA 152 Softball 1 Credit
KINA 153 Adaptive Aquatics II 1 Credit
KINA 154 Beginning Ice Hockey 1 Credit
KINA 155 Beginning Ice Skating 1 Credit
KINA 156 Soccer 1 Credit
KINA 157 Adaptive Physical Activity II 1 Credit
KINA 158 Speedball 1 Credit
KINA 159 Aikido 1 Credit
KINA 160A Nordic Skiing 1 Credit
KINA 161 Two-Person Outdoor Volleyball 1 Credit
KINA 162 Volleyball 1 Credit
KINA 163 Intermediate Volleyball 1 Credit
KINA 164 Beginning Basketball 1 Credit
KINA 165 Intermediate Basketball 1 Credit
KINA 166 Flag Football 1 Credit
KINA 166A Touch Rugby 1 Credit
KINA 167 Tai Chi 1 Credit
KINA 168 Hatha Yoga & Relaxation 1 Credit
KINA 169 Hatha Yoga & Relaxation II 1 Credit
KINA 170 Latin Rhythms 1 Credit
KINA 171 Adaptive Skiing/Snowboarding 1 Credit
Fees: Yes.
KINA 174 Social Dance 1 Credit
KINA 175 Snorkeling/Free Diving 1 Credit
KINA 176 Horseback Riding 1 Credit
KINA 180A Varsity Men's Football 1 Credit
KINA 180B Varsity Men's Basketball 1 Credit
KINA 180C Varsity Men's Baseball 1 Credit
KINA 180D Varsity Men's Swimming 1 Credit
KINA 180E Varsity Men's Tennis 1 Credit
KINA 180H Varsity Men's Soccer 1 Credit
KINA 180J Varsity Men's Golf 1 Credit
KINA 180K Varsity Men's Track and Field 1 Credit
KINA 180M Varsity Men's Wrestling 1 Credit
KINA 180N Varsity Men's Lacrosse 1 Credit
KINA 180P Varsity Men's Cross Country 1 Credit
KINA 180Q Varsity Men's Hockey 1 Credit
KINA 181B Varsity Women's Basketball 1 Credit
KINA 181D Varsity Women's Swimming 1 Credit
KINA 181E Varsity Women's Tennis 1 Credit
KINA 181F Varsity Women's Volleyball 1 Credit
KINA 181G Varsity Women's Softball 1 Credit
KINA 181H Varsity Women's Soccer 1 Credit
KINA 181I Varsity Women's Golf 1 Credit
KINA 181K Varsity Women's Track & Field 1 Credit
KINA 181M Varsity Women's Wrestling 1 Credit
KINA 181N Varsity Women's Lacrosse 1 Credit
KINA 181P Varsity Women's Cross Country 1 Credit
KINA 181R Varsity Women's Sand Volleyball 1 Credit
KINA 182A Varsity Coed Cheerleading 1 Credit
KINA 182B Varsity Coed Cycling 1 Credit
KINA 182C Varsity Coed Rodeo 1 Credit
KINA 182D Varsity Coed Alpine Skiing 1 Credit
KINA 182E Varsity Coed Nordic Skiing 1 Credit
KINA 182F Varsity Coed Triathlon 1 Credit
KINA 196 Topics: 1-3 Credits
Course may be taken multiple times up to maximum of 15 credit hours.
KINA 396 Topics: 1-3 Credits
Course may be taken multiple times up to maximum of 15 credit hours.