

# KINESIOLOGY-ACTIVITY (KINA)

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## **KINA 101 Beginning Swimming1 Credit**

Introduction to the basic swimming strokes and knowledge needed to prevent aquatic emergencies. Prepare students to acquire proper competitive swimming skills.

**Terms Typically Offered:** Fall, Spring.

## **KINA 102 Intermediate Swimming1 Credit**

Continued development of swimming and water safety skills. Enhance swimming fitness and overall conditioning.

**Terms Typically Offered:** Fall, Spring.

## **KINA 103 Springboard Diving1 Credit**

Instruction of the basic techniques and mechanics of springboard diving. Develop proper competitive diving skills.

**Terms Typically Offered:** Fall, Spring.

## **KINA 104 Water Polo1 Credit**

Introduction to the basic skills and rules of water polo. Progression of skills leading into full scrimmages.

**Terms Typically Offered:** Fall, Spring.

## **KINA 105 Water Aerobics1 Credit**

Conditioning program in the pool that emphasizes muscle tone, strength, flexibility, balance, coordination, and cardiovascular endurance.

**Terms Typically Offered:** Fall, Spring.

## **KINA 106 Beginning Scuba1 Credit**

Introduction to snorkeling techniques, scuba gear preparation, equipment maintenance, and 20 basic scuba skills. Designed to prepare students for a certification by helping them become safe, comfortable, and confident divers.

**Terms Typically Offered:** Fall, Spring.

**Fees:** Yes.

## **KINA 107 Advanced Scuba1 Credit**

Advanced scuba skills and dives to expand safety, confidence, and enjoyment of scuba diving. Designed for certified scuba divers.

**Terms Typically Offered:** Fall, Spring.

**Fees:** Yes.

## **KINA 108 Canoeing1 Credit**

Introduction to the basic skills and safety of canoeing. Students will learn how to use the equipment involved, as well as how to scout the river.

**Terms Typically Offered:** Fall, Summer.

## **KINA 111 Rock Climbing1 Credit**

Introduction to the sport of rock climbing. Students will learn how to use equipment, tie knots, belay, communicate, basic climbing movements, and proper progression.

**Terms Typically Offered:** Fall, Spring.

## **KINA 112 Hiking1 Credit**

Introduction to hiking. Students will learn how to read a map, be safe while hiking, and properly prepare for a hike.

**Terms Typically Offered:** Fall, Spring.

## **KINA 115 Beginning Golf1 Credit**

Introduction to the fundamentals, rules, and regulations of golf. Students will learn skills such as putting, chipping, and driving the ball, as well as proper golf etiquette.

**Terms Typically Offered:** Fall, Spring.

## **KINA 115A Disc Golf and Ultimate Frisbee1 Credit**

Introduction to the fundamental knowledge and skills of disc golf and ultimate frisbee. Students will learn the fundamental skills of throwing and catching, as well as the rules and strategies of the game.

**Terms Typically Offered:** Fall, Spring.

## **KINA 116 Intermediate Golf1 Credit**

Development of the student's golf skills. Designed to refine the skills and strategies to ensure students can compete at an intermediate level.

**Terms Typically Offered:** Fall, Spring.

## **KINA 117 Badminton1 Credit**

Introduction to the fundamental knowledge and skills of badminton. Students will enhance their skills related to the various serves and shots including drop, lob, clear, and smash shots. Instruction will include an emphasis on the fundamental strategies and rules used in both singles and doubles play.

**Terms Typically Offered:** Fall, Spring.

## **KINA 118 Karate1 Credit**

Introduction to the history, culture, and practice of Okinawan Karate. Students will learn the basic terminology, warm-up procedure, and moving drills associated with the art of Karate.

**Terms Typically Offered:** Fall, Spring.

## **KINA 119 Archery1 Credit**

Introduction to the basic skills of archery. Students will learn about the safety, rules, equipment, and regulations associated with archery.

**Terms Typically Offered:** Fall, Spring.

## **KINA 121 Beginning Tennis1 Credit**

Introduction to the basic skills of tennis. Topics include forehand, backhand, serve, and volley. Students will learn strategies, history, rules, and etiquette of tennis.

**Terms Typically Offered:** Fall, Spring.

## **KINA 121A Pickleball1 Credit**

Introduction to the fundamental knowledge and skills of pickleball. Students will enhance their skills related to the various serves and shots including drop, lob, clear, and smash shots. Instruction will also emphasize the fundamental strategies and rules used in both singles and doubles play.

**Terms Typically Offered:** Fall, Spring.

## **KINA 122 Intermediate Tennis1 Credit**

Development and refinement of the fundamentals of tennis. Students will learn advanced strokes and strategies that can be used to compete at an intermediate level.

**Terms Typically Offered:** Fall, Spring.

## **KINA 123A Racquet Sports1 Credit**

Combination of racquetball, pickleball, and badminton. Introduction to rules, shots and strategies for each game.

**Terms Typically Offered:** Fall, Spring.

## **KINA 126 Fitness Walking1 Credit**

Individualized approach to fitness walking. Students will gain knowledge about fitness principles and practices, as well as improve one's individual fitness levels.

**Terms Typically Offered:** Fall, Spring, Summer.

## **KINA 127 Physical Conditioning1 Credit**

Introduction to basic skills in physical conditioning and new fitness concepts. Students will gain knowledge on developing and executing an exercise program that combines strength training and cardiovascular endurance training.

**Terms Typically Offered:** Fall, Spring.

**KINA 128 Intermediate Weight Training1 Credit**

Proper guidelines, principles, and techniques of weight lifting. Development of muscular strength, endurance, and power at an advanced level. Introduces Olympic lifting techniques. Continues development of individual weight training programs and advanced evaluation techniques.  
**Terms Typically Offered:** Fall, Spring.

**KINA 129 Weight Training1 Credit**

Introduction to weight training principles and application with an individualized approach. Students will learn to design and implement a weight training program tailored to their own fitness goals.  
**Terms Typically Offered:** Fall, Spring.

**KINA 131A Aerobics1 Credit**

Aerobics to strengthen the cardiovascular system using low- or high-impact movements. Topics include workouts on the floor, bench, stability ball, and circuits.  
**Terms Typically Offered:** Fall, Spring.

**KINA 133 Downhill Skiing1 Credit**

Introduction to the knowledge, techniques, equipment, and safety necessary for participating in downhill skiing. Students will learn about the safety, practice, and etiquette associated with the snow sport.  
**Terms Typically Offered:** Spring.

**KINA 134 Snowboarding1 Credit**

Introduction to the knowledge, techniques, equipment, and safety necessary for participating in snowboarding. Students will learn about the safety, practice, and etiquette associated with the snow sport.  
**Terms Typically Offered:** Spring.

**KINA 136A Barre1 Credit**

Introduction to the practice of Barre. Students will learn low-impact exercises designed to develop whole body strength, awareness, and control, for various fitness levels. Focus on increasing overall strength, muscle balance, coordination and flexibility.  
**Terms Typically Offered:** Fall, Spring.

**KINA 137 Fencing1 Credit**

Introduction to the basic skills and rules involved in fencing. Students will develop strategies for both attacking and defending using all three weapons (foil, saber, epee) of fencing.  
**Terms Typically Offered:** Fall, Spring.

**KINA 137A Intermediate Fencing1 Credit**

Development of basic fencing skills and strategies. Footwork and handwork skills will be developed to ensure students can compete at an intermediate level.  
**Terms Typically Offered:** Fall, Spring.

**KINA 138 Step Aerobics1 Credit**

Basic aerobic step patterns with the freedom of creativity. Students will learn choreographic terminology, as well as improve their cardiovascular fitness through aerobic step training.  
**Terms Typically Offered:** Fall, Spring.

**KINA 140 Snowshoeing1 Credit**

Introduction to snowshoeing. Topics include on- and off-trail techniques for various terrains, recognition and treatment of cold injuries, risk management, and trip planning.  
**Terms Typically Offered:** Spring.

**KINA 142 Self-Defense1 Credit**

Fundamental applications of Jujitsu, boxing, karate, wrestling, and Kung Fu. Students will learn the proper maneuvers for a variety of potential real-life combative situations.  
**Terms Typically Offered:** Fall, Spring.

**KINA 144 Pilates1 Credit**

Introduction to the practice of Pilates. Students will learn low-impact mat exercises designed to develop whole body awareness and control for various fitness levels. Focus is on increasing core strength and stabilization, muscle balance, tone, coordination, and flexibility.  
**Terms Typically Offered:** Fall, Spring.

**KINA 146 Indoor Cycling1 Credit**

Basic concepts associated with indoor cycling. Emphasis on building cardiorespiratory endurance through structured, individually-paced indoor cycling workouts.  
**Terms Typically Offered:** Fall, Spring.

**KINA 151 Adaptive Physical Activity1 Credit**

Adaptive physical activity for students with a variety of disabilities, including both temporary and permanent injuries. Focus is on an individualized program that could include training and activity in muscle strength and endurance, flexibility, motor skills, swim skills, and/or cardiovascular endurance.  
**Terms Typically Offered:** Fall, Spring.

**KINA 152 Softball1 Credit**

Introduction to the fundamental skills of softball. Topics include the rules and regulations of the game and how to play each position on the field.  
**Terms Typically Offered:** Fall, Spring.

**KINA 156 Soccer1 Credit**

Introduction to the basic skills and techniques of soccer. Topics include rules, strategies, and the etiquette involved in a game situation.  
**Terms Typically Offered:** Fall, Spring.

**KINA 157 Adaptive Physical Activity III1 Credit**

Activity course for students with temporary and permanent disabilities. This course continues with the development of individualized training and activities that improve one's muscular strength, muscular endurance, flexibility, motor skills, swimming skills, and/or cardiovascular endurance.  
**Terms Typically Offered:** Fall, Spring.

**KINA 160A Nordic Skiing1 Credit**

Introduction to Nordic skiing techniques for groomed tracks and ungroomed snow conditions. Emphasizes speed control, efficient body movement, and safety. Covers basic winter survival techniques, proper clothing, and trail etiquette.  
**Terms Typically Offered:** Fall, Spring.

**KINA 161 Two-Person Outdoor Volleyball1 Credit**

Exploration of the game of sand volleyball as a lifetime activity. Students build on their basic understanding of volleyball skills and game strategies.  
**Terms Typically Offered:** Fall, Spring.

**KINA 162 Volleyball1 Credit**

Introduction course of the fundamentals of volleyball including passing, serving, setting, and spiking. Students will learn rules and court strategies involved in the game and be able to demonstrate their skills in game-play.  
**Terms Typically Offered:** Fall, Spring.

**KINA 163 Intermediate Volleyball1 Credit**

Enhancement of basic skills of volleyball learned as a beginner volleyball player. Advanced techniques taught such as, blocking, setting, and hitting. Different strategies of offense and serving will be emphasized.  
**Terms Typically Offered:** Fall, Spring.

**KINA 164 Beginning Basketball1 Credit**

Introduction to the fundamental skills of basketball. Acquaints the student with the knowledge and skills necessary to participate in the game of basketball while acquiring the necessary physical fitness to play the sport.

**Terms Typically Offered:** Fall, Spring.

**KINA 165 Intermediate Basketball1 Credit**

Development of basketball skills and knowledge at an intermediate level. This course covers the implementation of set plays and skills through drills and game play.

**Terms Typically Offered:** Fall, Spring.

**KINA 166 Flag Football1 Credit**

Introduction to the fundamental skills, rules, and strategies of flag football. Students will learn the safety and etiquette of the game.

**Terms Typically Offered:** Fall, Spring.

**KINA 166A Touch Rugby1 Credit**

Introduction to the basic skills of touch rugby. This course emphasizes ball handling and attacking strategies. Students will learn the rules and the history of the game.

**Terms Typically Offered:** Fall, Spring.

**KINA 167 Tai Chi1 Credit**

Introduction to the ancient Chinese traditional martial art of Tai Chi as an effective way to reduce stress levels, improve health, and increase the ability to focus. Students will develop a relaxed sequence of moves that emphasize proper alignments and release muscular tension, aiding in preventing and recovering from injuries.

**Terms Typically Offered:** Fall, Spring.

**KINA 168 Introduction to Yoga1 Credit**

Fundamental poses for the practice of yoga, stress reduction techniques, and strength and flexibility development.

**Terms Typically Offered:** Fall, Spring.

**KINA 169 Hatha Yoga & Relaxation1 Credit**

Participation in the practice of Hatha yoga, including the integration of mind-body, stress reduction techniques, strength and flexibility enhancement.

**Terms Typically Offered:** Fall, Spring.

**KINA 169A Flow Yoga1 Credit**

Participation in the practice of Vinyasa yoga with an emphasis on synchronizing breath and movement to enhance strength and focus.

**Terms Typically Offered:** Fall, Spring.

**KINA 170 Zumba1 Credit**

Introduction to Zumba, Latin dance styles, through a variety of choreographed songs. Topics include basic information about aerobic training, how to perform basic Latin steps, and how to design a choreographed Latin-based dance routine.

**Terms Typically Offered:** Fall, Spring.

**KINA 171 Adaptive Skiing/Snowboarding1 Credit**

Adaptive snowsports for students with all types of disabilities. Students will develop knowledge, techniques, and an understanding of the safety involved in skiing/snowboarding. Specialized equipment will be available and customized depending on abilities.

**Terms Typically Offered:** Spring.

**Fees:** Yes.

**KINA 174 Social Dance1 Credit**

Introduction to partner dancing in common styles of social dance. Styles for each course will be specific to instructor expertise.

**Terms Typically Offered:** Fall, Spring.

**KINA 175 Snorkeling/Free Diving1 Credit**

Introduction to snorkeling and free diving. Topics include how to handle the equipment and the physics involved in free diving. Takes basic snorkelers to an advanced level of knowledge, skills, and safety.

**Terms Typically Offered:** Fall, Spring.

**KINA 180V Varsity Sport Participation1 Credit**

Participation in a varsity sport for credit. Course focuses on countable athletic-related activities, rules associated with sport, and maintenance of physical health.

**Terms Typically Offered:** Fall, Spring.

**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.