

KINESIOLOGY LABORATORY¹ (KINL)

Kinesiology Laboratory Courses (except 261) may be taken for a regular grade or Pass-Fail as an option for non-majors.

Basic Courses

Basic courses are open to all students, and provide a lifetime activity program with primary emphasis on the acquisition of motor skills, physical fitness, knowledge, and appreciation. Students needing two required activity courses may select any two of the basic laboratory courses. If additional courses are required or needed for electives, the additional courses may be selected from the basic laboratory courses or from the major laboratory courses. (Only 100, 101, 200, and 201 are for handicapped students.)

100. Adaptive I. Credit 1 hour. Therapeutic exercise for handicapped students. Requires physician's referral and permission of the department. Three hours a week.

101. Adaptive II. Credit 1 hour. Therapeutic exercise for handicapped students. Requires physician's referral and permission of the department. Three hours a week.

102. Beginning Badminton. Credit 1 hour. Basic skills, strategies, rules and procedures. Instruction and practice of short and deep serves, clears, drops and smash. Singles and doubles play. Three hours a week.

103. Jogging. Credit 1 hour. Aerobic conditioning using long distance running. Principles and techniques of endurance training are studied. Three hours a week.

107. Beginning Golf. Credit 1 hour. Putting, chipping, and the full swing with all clubs. Rules and procedures of play. Most classes are held at an off campus driving range, and students must arrange for their transportation and pay a small fee for balls at the range. Three hours a week.

110. Beginning Tennis. Credit 1 hour. Basic skills, strategies, rules and procedures. Instruction and practice of the serve, ground strokes and volleys. Singles and doubles play. Three hours a week.

111. Swim Fitness. Credit 1 hour. For experienced swimmers. Aerobic conditioning using long distance swimming and other endurance activities in the water. Principles and techniques of endurance training are studied. Three hours a week.

112. Bowling. Credit 1 hour. Beginning bowling skills, scoring, procedures and terminology. Three hours a week. Laboratory fee required.

113. Weight Training. Credit 1 hour. Instruction in proper technique in strength conditioning using free weights and weight machines. Three hours a week.

115. Aerobic Dance. Credit 1 hour. Aerobic exercise activities with musical accompaniment. Three hours a week.

120. Beginning Swimming. Credit 1 hour. The basic swimming strokes: front crawl, back crawl, breaststroke, sidestroke, and elementary backstroke. Basic water safety skills. Three hours a week.

133. Walking for Fitness. Credit 1 hour. Aerobic conditioning using long distance walking. Designed to assist individuals acquire the knowledge, attitudes, and skills necessary for participation in a lifelong fitness walking program. Three hours a week.

134. Pump and Run. Credit 1 hour. This fitness course combines aerobic activity (primarily walking and jogging) with strength training. It is developed to assist individuals acquire the knowledge, attitude, and skills necessary for participation in a lifelong total fitness program. Three hours per week.

135. Water Aerobics. Credit 1 hour. This course is designed to introduce the benefits of water exercise and to utilize water resistive exercises to maintain or improve cardiovascular endurance, muscular strength and endurance, and flexibility. Three hours per week.

140. Martial Arts. Credit 1 hour. A beginning laboratory course in martial arts open to all university students. Three hours a week.

141. Advanced Martial Arts. Credit 1 hour. Prerequisite: KINL 140 or permission of the Department Head. A second laboratory course in martial arts designed to build on knowledge and skills. Three hours a week.

203. Basketball. Credit 1 hour. Individual skills and basic offensive and defensive patterns. Basic rules and strategies. Three hours a week.

204. Soccer. Credit 1 hour. Fundamental skills and basic strategies of individual position play as well as teamwork. Three hours a week.

205. Softball-Flag Football. Credit 1 hour. Basic skills and strategies of fastpitch and slowpitch softball, flag football, and flickerball. Rules and procedures of play. Three hours a week.

206. Track and Field. Credit 1 hour. Rules and techniques in track and field skills. Three hours a week.

207. Volleyball. Credit 1 hour. Basic skills and offensive and defensive team play. Rules, procedures and terminology. Three hours a week.

220. Physical Activity Workshop. Credit 1 hour. Course identified by description each semester offered. May be repeated as topics vary.

¹Kinesiology Laboratory Courses (except 261) may be taken for a regular grade or Pass-Fail as an option for non-majors.

232. Lifeguard Training. Credit 1 hour. Prerequisite: KINL 111 or permission of the Department Head. Designed for advanced swimmers. Covers skills and knowledge required for effective lifeguarding. Successful completion of this course will satisfy the requirements to obtain an American Red Cross Lifeguard Training Certificate. Students must pass a battery of skills on the first day of class in order to remain in the course. Three hours a week.

311. Recreational Games. Credit 1 hour. Covers a variety of sports, games, and recreational pursuits appropriate as content of school-based physical education programs. Three hours a week.

313. Outdoor Leisure Pursuits. Credit 1 hour. A recreational laboratory class emphasizing introductory instruction and experience in a variety of outdoor leisure pursuits. Topics may be selected from but are not limited to the following: camping, bait casting, boating, backpacking, hiking. Three hours a week.

372. Water Safety Instructor Course. Credit 1 hour. Prerequisites: KINL 120 or permission of the Department Head. Emphasis will be on stroke techniques and methodology of teaching basic aquatic programs. Successful completion of this course will satisfy the requirements to obtain an American Red Cross Water Safety Instructor Certificate. Three hours a week.

LABORATORY COURSES FOR HEALTH AND PE MAJORS

Students not majoring in Kinesiology and Health Studies must have permission of the department to schedule these classes.

209. Theories and Practice of Swimming. Credit 1 hour. Basic skills, standard strokes, and teaching methods of beginning swimming. Three hours a week.

210. Theories and Practice of Badminton-Tennis. Credit 1 hour. Skills, rules, strategies, and teaching methods of badminton and tennis. Three hours a week.

212. Theories and Practice of Recreational Games. Credit 1 hour. Skills, rules, strategies, and teaching methods of archery, bowling, stunts/tumbling, and pickleball. Three hours a week.

213. Theories and Practice of Golf and Outdoor Leisure Pursuits. Credit 1 hour. Skills, rules, strategies, and teaching methods of golf. A recreational laboratory class emphasizing introductory instruction and experience in a wide variety of outdoor leisure pursuits. Topics may be selected from but not limited to the following: camping, canoeing, boating, backpacking, dayhiking, water safety, fishing and hunting safety, and wilderness first aid. Three hours a week.

214. Fundamentals of Fitness and Conditioning. Credit 1 hour. Fundamentals of fitness and conditioning will be emphasized with kinesiological analysis of and laboratory experience in strength development. Three times a week.

217. Theories and Practice of Soccer-Track and Field. Credit 1 hour. Skills, rules, techniques, strategies, and teaching methods of soccer and track and field. Three hours a week.

218. Theories and Practice of Flag Football-Softball. Credit 1 hour. Skills, rules, strategies, and teaching methods of flag football and softball. Three hours a week.

219. Theories and Practice of Basketball-Volleyball. Credit 1 hour. Skills, rules, strategies, and teaching methods of basketball and volleyball. Three hours a week.

221. Theories and Practice of Elementary School Physical Education. Credit 1 hour. Introduction to curriculum content and activities in elementary physical education. This course provides experiences in basic movement skills, fundamental motor skills, rhythmic activities, and games. Three hours a week.

222. Theories and Practice of Teaching Dance. Credit 1 hour. General knowledge, execution, and teaching methods of fundamentals in movement and creative dance, and social dance. Three hours a week.