

## Physical Activity Program

All **1000** level courses are introductory and are designed to introduce basic skills & knowledge.

All **2000** level courses are taught at the intermediate level and are designed to refine the experienced student's fundamental understanding of the techniques, skills and knowledge. Intermediate skills & strategies will be introduced.

KINS 1110 Aerobics:

KINS 2110 Aerobics: Intermediate

KINS 1111 Aerobic Cross Training - A course designed to challenge the student to achieve higher levels of overall fitness in a cardiovascular program which combines hi/low impact with slide and step training while incorporating hand weights and dynabands for muscular strength and endurance. It is recommended that students be able to participate in a minimum of 20 minutes of continuous aerobic activity prior to enrolling in the course.

KINS 1112 Badminton

KINS 2112 Badminton: Intermediate

KINS 1113 Basketball

KINS 2113 Basketball: Intermediate

KINS 1114 Body Conditioning

KINS 1115 Bowling: **\$50.00 additional fee is required.**

KINS 2115 Bowling: Intermediate **\$50.00 additional fee required.**

KINS 1116 Canoeing

KINS 1117 Dance: Ballet

KINS 2117 Dance: Ballet Intermediate

KINS 1118 Dance: Clogging

KINS 1119 Dance: Country Western - A course designed to introduce popular country-western couple dances such as the Texas Two-Step, Swing, Sway, etc....Basic steps such as the waltz, two step and cha-cha will be included.

KINS 1210 Dance: Folk - A course designed to introduce folk dances from a variety of nationalities/ countries of the world.

KINS 1211 Dance: Line - A course designed to introduce a variety of popular line dances which are performed without a partner. The dances are primarily country-western in nature and involve all basic dance steps.

KINS 1212 Dance: Modern - A course designed to introduce the elements of dance, proper warm-up techniques, basic modern dance movement and creative application of dance principles.

KINS 1213 Dance: Social - A course designed to introduce the basic steps and variations for eight ballroom dances.

KINS 2213 Dance: Social Intermediate - A course designed to emphasize leading and following techniques and more advanced patterns/ variations of the waltz, cha-cha, Texas two-step and swing (shag).

KINS 1214 Dance: Square - A course designed to introduce basic square dance movements and beginning square dance routines.

KINS 1215 Dance: Tap - A course designed to introduce the eight elements of dance, proper warm-up techniques, basic tap steps, and an application of skills learned.

KINS 1216 Equestrian - A course designed to introduce fundamental skills and basic knowledge necessary for riding a horse safely. **An additional fee of \$375.00 is required.**

KINS 2216 Equestrian: Intermediate - A course designed to refine the experienced student's basic skills and knowledge. Intermediate skills and trail riding will be included. **An additional fee of \$375.00 is required.**

KINS 1217 Fencing - A course designed to introduce basic fundamentals and skills of foil fencing.

KINS 2217 Fencing: Intermediate

KINS 1218 Fitness Walking

KINS 1219 Football: Flag

KINS 2219 Football: Flag Intermediate

KINS 1310 Golf: **\$40.00 additional fee is required.**

KINS 2310 Golf: Intermediate - It is recommended that students shoot between 85-115 for 18 holes prior to enrolling in the course. **\$40.00 additional fee is required.**

KINS 1311 Jogging

KINS 1312 Outdoor Education

KINS 1313 PA for People with Disabilities I - A course designed for the student with a disabling condition who cannot satisfy the physical activity requirement provided through the other activity course listings. This course provides an individualized program with a variety of training modalities modified for the individual student. A variety of physical activity concepts, skills, and techniques (Level I) will also be presented.

KINS 1314 PA for People with Disabilities II

KINS 1315 PA for People with Disabilities III

KINS 1316 PA for People with Disabilities IV

KINS 1317 Racquetball

KINS 2317 Racquetball: Intermediate

KINS 1318 Scuba - A course designed to introduce the fundamental skills and knowledge necessary for entry level certification and to meet the standards set forth by the Recreational Scuba Training Council (RSTC). **An additional fee of \$110.00 is required.**

KINS 2318 Scuba: Intermediate - A course designed to refine the experienced diver=s skills and knowledge. Intermediate skills and strategies will be introduced. An additional fee is required.

KINS 1319 Self Defense - A course designed to introduce basic self defense techniques and principles.

KINS 2319 Self Defense: Intermediate - A course designed to refine the experienced student=s basic self defense skills and knowledge. Intermediate skills and strategies will be introduced.

KINS 1410 Soccer

KINS 2410 Soccer: Intermediate

KINS 1411 Softball

KINS 2411 Softball: Intermediate

KINS 1412 Swimming

KINS 2412 Swimming: Intermediate

KINS 1413 Swimming: Aqua Aerobics - A course designed to introduce students of various ages and fitness levels to participate in a vigorous, aerobic activity while reducing the chance of injury. Activities which promote cardiovascular endurance, muscular strength and endurance, and flexibility are emphasized and modified to be done in an aquatic setting.

KINS 1414 Swimming: Fitness

KINS 1415 Tennis

KINS 2415 Tennis: Intermediate

KINS 1416 Tumbling

KINS 1417 Volleyball

KINS 2417 Volleyball: Intermediate

KINS 1418 Weight Training

KINS 2418 Weight Training: Intermediate

KINS 1419 Water Safety: Survival Swim - A course designed to introduce the student with no previous swimming experience to the water.

KINS 1510 Mountaineering

KINS 1515 Fitness for Life

KINS 1511 Ultimate Frisbee

KINS 1513 Swing Shag