



Undergraduate Course Carousel

Course Number	Course Name	Fall	Winter	Spring	Summer	As Needed
Kinesiology Courses						
KIN 099	KIN Undergraduate Exit Exam	X		X	X	
KIN 105	Comprehensive Health	X		X		
KIN 107	First Aid and CPR	X		X	X (Maymester)	
KIN 123	Fitness for Life	X	X	X	X	
KIN 124	Nutrition for Well-Being	X		X	X	
KIN 150	Foundations and History of Physical Activity and Sport	X		X		
KIN 191	Drug Education					X
KIN 210	Introduction to Driver Education				X	
KIN 211	Basic Principles of Nutrition	X	X	X	X	
KIN 219	General Principles of Safety	X		X	X	
KIN 226	Team Sports	X				
KIN 227	Teaching Individual/Dual Sport					X
KIN 228	Lifetime Activities	X				
KIN 229	Teaching Sports and Activities					X
KIN 302	Professional Protocol	X		X		
KIN 303	Methods of Teaching Health Education				X (Maymester)	
KIN 304	Methods and Materials in Driver Education				X	

Course Number	Course Name	Fall	Winter	Spring	Summer	As Needed
KIN 305	Methods and Materials of Teaching Physical Education	X				
KIN 306	Methods and Materials of Teaching Physical Education in Elementary Schools					X
KIN 307	Methods and Materials of Teaching Physical Education in Secondary Schools					X
KIN 308	Basic Athletic Training	X		X	X	
KIN 312	Family Life and Wellness	X		X		
KIN 313	Principles of Coaching Football					X
KIN 314	Principles of Coaching Track and Field					X
KIN 315	Principles of Coaching Baseball					X
KIN 316	Principles of Coaching Tennis					X
KIN 317	Principles of Basketball					X
KIN 318	Principles of Coaching Soccer					X
KIN 322	Principles of Strength and Conditioning	X		X	X	
KIN 326	Sports Nutrition	X		X		
KIN 350	Psychology of Sport	X	X	X	X	
KIN 360	Anatomical Kinesiology	X		X		
KIN 385	Motor Development and Learning			X		
KIN 386	Adapted Physical Education			X		
KIN 396	Measurement and Evaluation in Kinesiology	X				
KIN 401	Facility Design and Event Management			X		
KIN 410	Legal Aspects of Sport and Physical Activity	X				
KIN 420	Physiology of Exercise	X		X	X	
KIN 421	Physiology of Exercise Lab	X		X	X	
KIN 425	Advanced Sports Medicine	X		X		
KIN 427	Health Education Workshop				X (Maymester)	

Course Number	Course Name	Fall	Winter	Spring	Summer	As Needed
KIN 430	Exercise Prescription and Assessment	X		X	X (Maymester)	
KIN 451	Current Topics in Kinesiology					X
KIN 452	Current Topics in Kinesiology					X
KIN 453	Current Topics in Kinesiology					X
KIN 460	Internship in Kinesiology	X		X	X	
KIN 481	Biomechanics	X		X		
KIN 482	Management of Physical Education, Fitness and Sport Programs	X		X		
Physical Activity PAC Courses (Non-Academic)						
PAC 100	Beginning Running / Jogging					X
PAC 102	Fitness Walking (Beginning)	X		X	X (Maymester & Summer)	
PAC 103	Advanced Walking					X
PAC 110	Beginning Tennis	X		X		
PAC 111	Advanced Tennis					X
PAC 112	Beginning Golf	X		X		
PAC 113	Pickleball	X		X		
PAC 114	Archery					X
PAC 115	Roller Skating	X		X		
PAC 130	Beginning Swimming (non-swimmers)	X		X		
PAC 131	Advanced Swimming					X
PAC 132	Water Aerobics					X
PAC 133	Water Walking					X
PAC 134	Water Volleyball					X
PAC 135	Aqua Power Step					X
PAC 136	Deep Water Running (swimming required)					X

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PAC 137	Water Safety Instructor Certification					X
PAC 138	SCUBA Diving					X
PAC 150	Low Impact Aerobics					X
PAC 151	Advanced Fitness					X
PAC 152	Pilates	X		X		
PAC 153	Yoga	X		X		
PAC 154	Power Yoga	X		X		
PAC 155	Cross Training	X		X		
PAC 156	Spin Bike	X		X		
PAC 157	Physical Training					X
PAC 158	Resistance Training Bands	X				
PAC 159	Weight Training	X		X		
PAC 180	Karate Level 1	X		X		
PAC 181	Karate Level 2	X		X		
PAC 182	Tai Chi					X
PAC 183	Martial Arts					X
Varsity Sports ATH Courses (Physical Education Courses)						
ATH 131	Varsity Basketball (Men)			X		
ATH 132	Varsity Basketball (Women)			X		
ATH 137	Varsity Men's Golf			X		
ATH 138	Varsity Women's Golf			X		
ATH 141	Varsity Baseball			X		
ATH 142	Varsity Softball			X		
ATH 145	Varsity Volleyball	X				
ATH 147	Beginning Horsemanship					X
ATH 148	Advanced Horsemanship					X
ATH 151	Varsity Track (Men)			X		
ATH 152	Varsity Track (Women)			X		

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ATH 161	Varsity Tennis (Men)			X		
ATH 162	Varsity Tennis (Women)			X		
ATH 170	Varsity Cross-Country (Men)	X				
ATH 171	Varsity Cross-Country (Women)	X				
ATH 172	Varsity Soccer (Men)	X				
ATH 173	Varsity Soccer (Women)	X				
ATH 180	Varsity Football					X
ATH 182	Varsity Equestrian					X
ATH 183	Table Tennis					X
ATH 184	Shooting					X
ATH 187	Varsity Archery	X				
ATH 188	Varsity Cheerleading	X				
ATH 189	Marching Band (same as MUS 73)					X