



ACTIVITY PROGRAM

STUDENT HANDBOOK

2018-19

San José State University

College of Applied Sciences and Arts

Daniel Murphy, Lecturer
Edited (4/2018)

Department of Kinesiology

San José State University

Activity Program Handbook

Table of Contents

Introduction	3
Activity Program Contact Information	4
Faculty Contact Information	5
Activity Program Learning Outcomes	7
Policies & Rules	8
Physical Education Requirements	12
Physical Activity Course Matrix	13
Course Descriptions	14

INTRODUCTION

Welcome to the Department of Kinesiology Activity Program at San José State University!
(http://www.sjsu.edu/kinesiology/programs/activity_program/)

MISSION: In an atmosphere of social justice, equity, and respect for diversity, the mission of the Activity Program is to place education as the central focus; have a health-related physical activity acquisition emphasis; offer a variety of physical activity courses to reflect individual emphasis; echo societal needs; and promote safe and lifelong participation in health-enhancing physical activity in concert with national guidelines and the university mission.

VISION: We will be a preeminent activity program recognized for excellence and innovation in teaching and coaching, activity course offering breadth, and university community engagement.

Activity Program Contact

Gong Chen, Ed.D.

Professor
Activity Program Coordinator
Spartan Complex 109
(408) 924-3033
gong.chen@sjsu.edu



Program Coordinator Bio

Gong Chen is a full professor at Department of Kinesiology at San Jose State University. He is an activity specialist and current activity program coordinator. He introduced SJSU activity program and American nationwide basic instructional programs to physical education departments chairs from 280 universities in China. His research focuses on self-defense and self-defense education for school and university students. He introduced self-defense into Beijing University and taught national university self-defense instructor training project (national major project in Education Ministry) in China using SJSU self-defense curriculum. He also conducted numerous self-defense workshops for elementary, middle and high school teachers in many school districts in California. He has published numerous books and papers on self-defense in English and Chinese. Gong Chen has conducted collaborative projects with several universities in China and he is a guest professor at Shandong University and Northwestern Polytechnic University.

Website: http://www.sjsu.edu/kinesiology/programs/activity_program/

Activity Program Links

[Course Descriptions](#)

[Course Policies](#)

[Graduation Requirement Physical Activity](#)

[Gym Policies](#)

[Activity Program on Facebook](#)

Activity Program Instructors

Name	Expertise	Office	Phone	Email
Allio, Don	Golf	SPX 170	924-3010	don.allio@gmail.com
Ayers, Albert Jr.	Dance	SPX 170	408-745-0633	bud.ayers@gmail.com
Barry, Frank	Scuba	SPX 102	408-891-4054	frank.barry85@gmail.com
Bacelar, Julianna	Tennis	SPX102	408-924-3010	julianna.bacelar@sjsu.edu
Batt, Angel	Cardio Kick-Boxing	SPX 170	408-924-3010	angel.batt@sjsu.edu
Behler, Martha	Soccer	SPX 170	408-924-3010	martha.behler@sjsu.edu
Bruga, Kathy	Tennis	SPX 170	408-924-3023	kbruga@comcast.net
Boswell, Laurie	Water Safety	SPX 102	408-924-3010	laurie.boswell@sjsu.edu
Cai, Lei	Badminton	SPX 102	408-838-8318	lei.cai@sjsu.edu
Caughlan, Suzanne	Yoga	SPX 170	408-924-3010	Suzanne.Caughlan@sjsu.edu
Crespo, Oscar	Volleyball	SPX 170	408-924-3010	oscar.crespo@sjsu.edu
David, Oscar	Dance	SPX 170	408-924-3010	od_dance@yahoo.com
Deges, Zecheria	Bowling	SPX 102	408-924-310	zecheria.deges@sjsu.edu
Fonda, James	Rugby	SPX 170	408-924-3010	james.fonda@sjsu.edu
Imura, Hisashi, MA	Athletic Training	SPX 102	408-924-3010	hisashi.imura@sjsu.edu
Keeling, Jonathan	Karate	SPX 170	408-924-1580	jonathan.keeling@sjsu.edu
Kirkendall, Kristine	Hiking & Backpacking	SPX 102	408-924-3010	kristine.kirkendall@sjsu.edu
Kwok, Ray, Ph.D.	Raquetball	SPX 102	408-924-3010	raymond.kwok@sjsu.edu
Linafelter, Junko	Pilates	SPX 170	408-924-3010	garyjunko@netzero.net

Manrubia, Brittney	Aquatic Therapy	Timpany Center	408-283-9036	aquaticinstructor@gmail.com
May, Chris, MA	Swimming; W-Training	SPX 173E	408-924-3048	christian.may@sjsu.edu
Montgomery, Dick, Ph.D.	Volleyball	SPX 173E	408-924-3054	richard.montgomery@sjsu.edu
Pascal-Gonzalez, Miles	Weight Training	YUH126	408-924-3010	mileskpg@gmail.com
Pate, Lee M., MA	Fitness & Exercise	SPX 170	SJSU Fitness Center	lee.pate@sjsu.edu
Schachner, Jennifer, ABD	Tympany Center Dir.	SPX 112	408-283-9036	jennifer.schachner@sjsu.edu
Schmitt, Hans	Dance	SPX 170	408-924-3010	hans.schmitt@sjsu.edu
Reekie, Shirley	Rowing/Sailing	SPX 102	408-924-3020	shirley.reekie@sjsu.edu
Rhodes, Syria	Judo			
Skorupka, Chad	Tennis	SPX 102	408-924-3010	chad.skorupka@sjsu.edu
Spomer, Chlesea	Gymnastics	SPX 102	408-914-3010	chelsea.spomer@sjsu.edu
Stadnikia, Haley	Basketball	SPX 102	408-914-3010	haley.stadnikia@sjsu.edu
Thompson, Katelynn	Swimming	SPX102	408-924-3010	katelynn.thompson@sjsu.edu
Uchida, Yosh	Judo	SPX 102	408-924-3010	NA
Urquhart Tom	Handball	SPX 102	408-924-3010	tom.urquhart@sjsu.edu
Wada, Jack	Akido	SPX 170	408-924-3010	wadaj@katewwdb.com
Watson, Michelle	Volleyball; Weight Training	SPX107A	408-924-3010	michelle.watson@sjsu.edu
Weng, Daniel, Ph.D.	Martial Arts	SPX 170	408-924-3058	drcweng@aol.com
Williams, David	Judo	SPX 170	408-924-3017	judodave@mac.com

Activity Program Learning Outcomes (APLO)

After completion of the class, the students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health

Student Policies and Procedures for Physical Activity Classes

The faculty of the Department of Kinesiology (KIN) hope that you will find your experience in Kinesiology classes valuable in developing and maintaining a repertoire of fitness and leisure time skills, in helping you grow as a totally educated person, and in understanding the guidelines for physical fitness throughout your life span. Moreover, it is hoped that your experiences will be enjoyable.

Requirements and Credit

Every student must complete two different physical education activity courses to meet the university graduation requirement. No course may be repeated for credit. However, a course may be repeated for no credit with the instructor's permission. Repeated courses cannot be accessed through online registration and you must have an add permit code to enroll in the repeated course. Activity classes taken in addition to the two unit requirement are accepted as electives.

Health and Accident Considerations

The necessary physiological condition and fitness, and health insurance needs for each class, are the responsibility of the student. All students are expected to abide by the established safety regulations and to immediately report, to the instructor, the occurrence of any accidents. Students with severe physical restrictions may obtain appropriate information relative to meeting the physical education graduation requirement from the Kinesiology office. While rigorous physical exercise has many benefits, it also presents potential hazards for certain groups of individuals. These include PERSONS OF ANY AGE who:

- are sedentary;
- have known heart or blood vessel disease, including high blood pressure;
- have high risk of heart disease (major risk factors include smoking, diabetes mellitus, high cholesterol, heredity, and high blood pressure).

In addition, risk is greater for persons in the above categories who are 40 years of age or older. It is recommended that individuals in the above categories have a complete medical examination, including an exercise electrocardiogram (stress EKG), prior to participation in classes involving vigorous activity. Individuals who choose not to have a medical examination should be aware of the potential risks and hazards of vigorous physical activity to themselves. Participation in KIN classes is at your own risk. Since SJSU does not insure students, students are encouraged to obtain their own accident and medical emergency insurance.

Electing Classes and Ability Levels

All classes are open to matriculated students who enroll for credit and more than one class may be taken during a semester. After regular students have enrolled, open university and auditors may enroll on a space available basis, with the instructor's permission. Students should enroll in sections commensurate with their health and ability level. A beginning class, or equivalent, is prerequisite to an intermediate level class; an intermediate class or equivalent, is prerequisite to an advanced class. Instructors may screen for ability level and request inappropriately enrolled students to drop.

Add-Drop Policy

Physical education classes require the same commitment as any other class. University procedures for adding and dropping will be followed. The student is responsible.

Off-Campus or Out-of-Doors Activity Classes

The first class meeting of off-campus or out-of-doors classes will be held in the Spartan Complex buildings. First class meeting locations are posted outside the Kinesiology Department Office. At the first class meeting,

directions will be given as to where to meet thereafter. Outdoor classes are expected to meet even during stormy weather. Alternate class meeting locations will be identified in the instructor's course green sheet. Additional notices will be posted on the doors of the men's and women's locker rooms.

Classes Held in the Event Center

All students are required to present their student I.D., Tower Card, to the front desk staff to enter the Event Center for a class. NO EXCEPTIONS!

Dress and Equipment

Students are expected to wear clothing and footwear appropriate to the rigors and safety of the activities in which they engage. Class instructors will designate basic requirements. Many students provide their own equipment such as rackets. Where department equipment is issued, the student is held responsible for non-accidental breakage or loss.

Locker Room Availability Options

There are two locker room use options available to students during the academic year. These options are:

1. DESIGNATED DAY-USE LOCKER AREA is available from 7:15 AM to 3:45 PM, Monday-Friday (no towel issue). Locks (no key locks) and belongings must be removed by 3:45 PM each day. Items left in locker will be discarded, NO EXCUSES.
2. PERMANENT LOCKER USE WITH TOWEL EXCHANGE is available on a semester fee basis. The fee is \$10 a semester. See locker room attendant for details.

Student Evaluation

Active participation is essential to ensure maximum benefit for all members of the class. Lack of participation means fewer opportunities to practice and learn. If a chronic illness develops or an accident occurs which requires extended absence, the student should report to the student Health Services for a medical statement and withdraw from the class. Students can expect to be evaluated on all material presented during the class. Written tests, skill tests, and class assignments appropriate to the basic grading system of the University (A,B,C,D,F and Credit/No Credit). An incomplete may be assigned according to the policy published in the University bulletin.

Policies and Rules

Gymnasium Rules

Please remember that this is a classroom and respect the facility and treat it as though it were any professional health club. Thank you for your compliance with the following Kinesiology Department gymnasium rules.

1. Wear proper workout apparel and sport shoes for class.
2. Students are encouraged to place their personal belongings in lockers in the locker room.
3. No dark soled athletic shoes that make marks on the floor are permitted.
4. No food or drink, other than water, in the gym. Absolutely NO glass containers are allowed.
5. No chewing gum in the gym.
6. Be respectful of others and turn your cell phone off before entering the gym.
7. No tape of any kind on the floors or walls.
8. Help the instructor put all equipment away after class.
9. No skateboards, bikes, rollers, or wheels in the gym.
10. No horse play in the gym.
11. Take your trash out (newspapers, empty bottles, and other waste).
12. Follow the specific rules in your class.

Policies for Mat Room use

1. Proper workout apparel is required.
2. No shoes are allowed on the mat. Students should put their shoes on the shelf in the room or leave outside.
3. Students are encouraged to place their personal belongings in lockers in the locker room.
4. Food and drink, other than water, is not permitted in the gym. Absolutely NO glass containers are allowed.
5. Chewing gum is not permitted.
6. Be respectful of others and turn cell phones off before entering the room.
7. All equipment must be put away after class.
8. No horse play in the gym.
9. No skateboards, bikes, rollers, or wheels in the gym
10. Take your trash with you when you leave!
11. DO NOT LEAVE USED WRAPPING TAPES IN THE ROOM!!!

Policies for Weight Room use

1. Please do not leave sweatshirts/personal belongings on the floor. Locker rooms are available downstairs.
2. Jeans, open-toed shoes, tank-top, sleeveless t-shirts, and hats are not permitted in the weight room.
3. Proper workout apparel is required; shirts, workout pants/shorts, and athletic shoes must be worn at all times.
4. Please re-rack all dumbbells and free weights in their proper positions.
5. Please do not bang or drop weights.
6. Free weights cannot be left on the weight room floor unattended.
7. Food and drink, other than water, is not permitted in the weight room. Absolutely NO glass containers are allowed.
8. Please treat fellow workout participants and equipment with respect.
9. Be respectful of others and turn cell phones off.

10. Use disinfectant wipes (provided) and wipe down each piece of equipment as you finish using it.
11. All equipment must be put away after class, stereo locked up, doors shut/locked, and lights and fans turned off.
12. Take your trash with you when you leave!

Policies for Pool use

1. Only swim suits allowed. For safety reasons, you may not wear shorts or t-shirts in the pool.
2. No food or drink permitted in the pool area except water. Absolutely NO glass containers are allowed.
3. No diving in pool.
4. No diving or jumping off the guard stand or balcony.
5. No running on pool deck.
6. No horseplay in the pool and on the deck.
7. All equipment must be put away after class.
8. Take your trash with you when you leave!
9. Students with an open wound should report to the instructor at the beginning of the class.
10. All students must take a shower before entering the pool.
11. Thank you for your compliance with the Kinesiology Department's policies!!

GRADUATION REQUIREMENT - PHYSICAL EDUCATION (PE)

It is important that all students admitted to SJSU, regardless of major, have an opportunity to expand their knowledge and skills in physical activities. To accommodate the needs and interests of SJSU students, the Department of Kinesiology offers a diverse selection of activity courses which have the following goals:

- To provide a fundamental understanding of the influence physical activity has on physical and mental well-being;
- To promote development of a repertoire of skills for constructive leisure activity and a physically active lifestyle important to maintaining health;
- To provide an understanding of the guidelines for developing and maintaining physical fitness throughout the lifespan;
- To provide exposure to a variety of lifetime fitness activities and sports; and
- To enhance the student's liberal arts education and develop a well-rounded individual.

All undergraduate students who matriculate at SJSU, except those majors that are exempt as listed under [Major Exemptions](#), are required to complete two units of physical education from Kinesiology/Dance activity courses (University Policy S14-11).

Two distinct activity courses or a single activity course of two or more units may be used to satisfy the PE requirement.

Two units of Intercollegiate Athletics may be used to satisfy the PE requirement.

Veterans who have completed at least one year of active duty in the armed services (Army, Navy, Air Force, Marines or Coast Guard) have satisfied the physical education requirement (<http://info.sjsu.edu/static/policies/military-credit.html>)

Kinesiology activity courses at SJSU are not repeatable for credit.

To challenge a course that meets the requirement, students must consult the Department of Kinesiology at least one semester prior to graduation.

Link: <http://info.sjsu.edu/web-dbgen/narr/schedules/rec-16334.16407.16468.16472.html>

ACTIVITY COURSE MOVEMENT AREAS MATRIX
(For activity courses in KIN Major Programs)

Area 1 Combatives	Area 2 Fitness	Area 3 Dance	Area 4 Individual/ Dual	Area 5 Team	Area 6 Adventure
Aikido	Aerobics	Ballet	Archery	Basketball	Hiking/ Backpacking
Judo	Body Sculpting	Jazz	Badminton	Ice Hockey	Kayaking
Karate	Cardio-Kick Boxing	Latin	Bowling	Rowing	Sailing
Self-Defense	Fitness	Line/Country Western	Golf	Rugby	Scuba
Tae Kwon Do	Jogging	Modern	Gymnastics	Soccer	
Tai Chi	Pilates	Lindy	Handball	Volleyball	
	Step Training	Hop/Night	Ice Skating	Athletics: Team	
	Walking	Club Swing	Racquetball		
	Yoga	Social	Swimming		
		Tap	Table Tennis		
			Tennis		
			Water Safety Instructor		
			Athletics: Individual		

Activity Program Course Descriptions

KIN 001 - Adapted Physical Activities

Structured individualized physical activities to enhance physical/motor fitness and develop an active, health-oriented lifestyle for students unable to participate in the general activity program.

KIN 002A - Beginning Swimming

This course is designed for the non-swimmer and beginning swimmer. It is assumed that all students enrolled in the class have had little or no experience in learning the basic skills of swimming. The course is designed to instruct the student in the basic skills necessary to enable him/her to swim safely in deep water. There are no prerequisites for the course.

KIN 002B - Intermediate Swimming

This course is designed to meet the needs of students who have completed satisfactorily the skills involved in beginning swimming.

KIN 002C - Advanced Swimming

This course is designed to refine and extend the development of advanced skills in swimming.

KIN 005 - Lifeguard Training

This course is designed to teach the basic concepts involved in "nonsurf" lifeguard training in accordance with the American Red Cross and the criterion set forth by that organization.

KIN 008 - Skin and SCUBA Diving

Both skin and SCUBA diving skills for enjoyment and to understand dangers connected with the sport. NAUI certificate awarded upon completion of requirements. Prerequisites - KIN 2C or equivalent. Misc/lab - Lecture 1 hour/activity 3 hours. Units - 2

KIN 009A - Beginning Sailing

Basic skills and safety knowledge in small boats for those with little or no sailing experience.

Prerequisite: Student must be able to swim 100 yards without stopping, tread water for 5 minutes, and exit from an overturned dinghy. Students will be tested for this in the SPX pool.

[Sailing Class Video](#)

KIN 010A - Beginning Kayaking

Beginning skills and knowledge for those with little or no experience of flat water kayaking. The emphasis will be on safe operation at all times.

Prerequisite: Students must be able to swim 100 yards without stopping, tread water for 5 minutes, and exit from an overturned kayak. Students will be tested for this in the SPX pool.

[Kayaking Class Video](#)

KIN 11 - Beginning Rowing

Basic skills and knowledge for those with little/no experience of rowing. Initial classes will be on indoor rowing machines, then eight -oared boats will be used. Students will learn both how to row and how to cox; improvement of strength/fitness is central.

Prerequisite: Swim 100 yards without stopping; tread water for 5 minutes; don lifejacket in the water. Tested in pool.

[Rowing Class Video](#)

KIN 013 - Beginning Rugby

This course is designed to familiarize the student with the rules, skills, and basic concepts of modern Rugby Union Football. The class will equip the student to be an informed Rugby spectator and/or participant.

KIN 014A - Beginning Volleyball

This course provides the student with the opportunity to learn and develop the basic rules and skills of volleyball, the 6-6 offense, and the defense against the 6-6 offense.

KIN 014B - Intermediate Volleyball

This course provides the intermediate student with the opportunity to refine and perfect the basic volleyball skills and to master individual positions when using the 6-2 offense and the defense against the offense.

KIN 014C - Advanced Volleyball

This course is designed to teach advanced skills, principles, and techniques necessary and fundamental to understanding and playing volleyball.

KIN 015A - Beginning Basketball

This course is designed to assist students in the development of fundamental skills necessary for effective involvement in playing the game of basketball.

[Basketball Class Video](#)

KIN 015B - Intermediate Basketball

This course provides the intermediate student with the opportunity to refine and perfect the basic basketball skills.

KIN 18A - Beginning Handball

This course is focused on the development of fundamental handball skills, basic tactics, simple strategies, etiquette and sportsmanship, rules, and their application in beginning games.

KIN 019A - Beginning Soccer

This course is designed to introduce students to the game of soccer, and to provide students with the fundamental ability and knowledge needed to enjoy this game as players and as spectators.

KIN 020A - Beginning Badminton

This course is focused on the development of fundamental badminton skills, basic tactics, simple strategies, etiquette, rules, and their application in single and double games.

KIN 020B - Intermediate Badminton

This course is focused on improving the quality of fundamental badminton skills, learning intermediate badminton skills and their application, developing intermediate badminton tactics and strategies, good sportsmanship, and playing more effective single and double games in elimination, round robin, and team competitions.

KIN 020C - Advanced Badminton

This course is focused on improving the quality of fundamental and intermediate badminton skills, learning advanced skills and their application, developing advanced badminton tactics and strategies, good sportsmanship, and playing high level games.

KIN 021A - Beginning Tennis

This course is designed to give students a basic understanding of the game of tennis. Students will be given a chance to learn through lecture, demonstration, drilling, and match play.

KIN 021B - Intermediate Tennis

This course is focused on improving the quality of fundamental tennis skills, learning intermediate tennis skills and drills and application, developing intermediate tennis tactics and strategies, establishing proper manners, and playing more effective single and double games in elimination, round robin, and team competitions.

KIN 021C - Advanced Tennis

This course is focused on improving the quality (power, speed, control, and placement) of basic and intermediate tennis skills, learning advanced skills and their application, developing advanced tennis tactics and strategies, good sportsmanship, and playing high level games.

KIN 022A - Beginning Racquetball

This course is focused on the development of fundamental racquetball skills, basic tactics, simple strategies, etiquette, rules, and their application in single and double games.

KIN 022B - Intermediate Racquetball

This course is focused on improving the quality of fundamental racquetball skills, learning intermediate racquetball skills/drills and application, developing intermediate racquetball tactics and strategies, good sportsmanship, and playing more effective single and double games in different formats.

KIN 023A - Beginning Archery

This course is designed to introduce the student to the basic skills and concepts, provides the opportunity to learn, practice, and analyze correct shooting form and to participate in a variety of archery tournaments.

KIN 023B - Intermediate Archery

This course builds upon beginning level skills and knowledge and provides the opportunity to shoot a variety of different archery rounds.

KIN 024A - Beginning Bowling

This course is designed to give students a better understanding of the sport of bowling and develop fundamental bowling skills.

KIN 024B - Intermediate Bowling

This course is designed to meet the needs of students who have satisfactorily completed the skills in beginning bowling. The course will add more advanced theory and techniques.

KIN 024C - Advanced Bowling

Designed for students who are skilled bowlers. A brief review of bowling fundamentals and principles will be followed by in depth lectures on application of principles. Drills will be used to improve skills.

KIN 025A - Beginning Golf

This course is designed for those who have never played golf before or who have played very little and have had no basic formal instruction. This course will provide the student with a sound set of fundamentals to prepare for further instruction, if desired.

KIN 025B - Intermediate Golf

This course is designed for those who have played some golf but have had little or no formal instruction. The student should finish the class knowing enough golf fundamentals, terminology, and rules to play the game and/or proceed on with private, advanced instruction.

KIN 025C - Advanced Golf

This course is designed for people who might score from the high seventies to the high eighties on a regular basis.

KIN 027A - Beginning Table Tennis

This course is focused on the development of fundamental table tennis skills, basic tactics, simple strategies, etiquette, rules, and their application of in single and double games.

KIN 027B - Intermediate Table Tennis

This course is focused on improving the quality of fundamental table tennis skills, learning intermediate table tennis skills and drills and their application, developing intermediate tactics and strategies, good sportsmanship, and playing more effective single and double games in elimination, round robin, and team competitions.

KIN 028A - Beginning Gymnastics

This course is designed to develop the students awareness and performance of basic skills in gymnastics.

KIN 029 - Cardio Kickboxing

Cardio Kickboxing is a non-contact aerobic conditioning activity combining punches, kicks, traditional aerobic skills, and fitness activities. The course is designed to enhance cardiovascular endurance, muscular strength, and muscular endurance.

KIN 030 - Pilates

Pilates employs an established exercise protocol designed to develop core strength, flexibility, posture, and range of motion. The course covers the fundamentals of a Pilates workout with an emphasis on breathing, alignment, neutral spine, and core stability.

KIN 031 - Body Sculpting

Body sculpting employs exercise augmented with moderate weights to enhance fitness. The course is designed to improve muscle tone and endurance, flexibility, balance, and core stability.

[Body Sculpting Class Video](#)

KIN 032 - Aerobics

Aerobics incorporates exercise and music, using large, continuous, rhythmic movements to elevate the heart rate and produce a training effect. The course is designed to improve muscle tone and enhance cardiorespiratory endurance.

KIN 033 Advanced Aerobic Activities

Aerobic activities incorporating high intensity interval training, circuit training, cardio kickboxing, power step, and resistance training. This course is designed to enhance cardiorespiratory endurance, muscular strength and muscular endurance.

Prerequisite: KIN 032 or KIN 034 or instructor consent.

KIN 034 - Step Training

Step training is a low-impact aerobic conditioning activity designed to enhance cardiorespiratory endurance, muscular strength, and muscular endurance.

KIN 035A - Beginning Weight Training

This course is designed to teach the basic concepts of weight training for muscular strength and endurance. Its goal is to provide students with knowledge about the principles involved in weight training and the health-related components of fitness through a variety of exercises.

KIN 035B - Intermediate Weight Training

This course is designed for individuals with prior training experience and involves higher level exercises. Students will be exposed to a wide variety of machine as well as free weight exercises and will then design a program based on individual needs.

KIN 037 - Fitness Walking

Fitness walking is a low-impact conditioning activity designed to develop cardiovascular fitness.

KIN 038 - Beginning Jogging

Jogging is a moderate-impact activity designed to improve cardiovascular fitness.

KIN 040A - Topics in Modern Dance I

See DANC 040A (below).

KIN 041A - Topics in Ballet I

See DANC 041A (below).

KIN 042A - Topics in Jazz Dance I

See DANC 042A (below).

KIN 044 - Line/Country Western Dance

Basic skills, techniques, and rhythmic progressions of current line and country western dancing.

KIN 045A - Beginning Lindy Hop and Night Club Swing

This course is focused on the development of fundamental Swing dance skills and knowledge. Steps, technique, and styling will be drawn from Lindy Hop, Jitterbug, Street Swing, Jive and Triple-Time Swing dances.

KIN 046A - Beginning Social Dance

This course is focused on the development of fundamental social dance skills and knowledge. Dances will be selected from the American Smooth (e.g. Waltz, Tango), American Rhythm (e.g. Rumba, Cha Cha) and night club (e.g. Hustle, West Coast Swing) dance categories.

[Social Dance Class Video](#)

KIN 046B - Intermediate Social Dance

This course is focused on the development of intermediate level social dance skills and knowledge. Dances will be selected from the American Smooth (e.g. Waltz, Tango), American Rhythm (e.g. Rumba, Cha Cha) and night club (e.g. Hustle, West Coast Swing) dance categories.

KIN 047A - Beginning West Coast Swing

Designed to improve students' understanding of West Coast Swing dancing and to improve fundamental dance skills common to the dance

KIN 048A - Beginning Latin Dance

This course is focused on the development of fundamental Latin dance skills and knowledge. Dances will be selected from the International Latin, American Rhythm (e.g. Rumba, Cha Cha) and night club (e.g. Salsa) dance categories.

KIN 048B - Intermediate Latin Dance

This course is focused on the development of intermediate level latin dance skills and knowledge. Dances will be selected from the International Latin, American Rhythm (e.g. Rumba, Cha Cha) and night club (e.g. Salsa) dance categories.

Prerequisite: KIN 046A or KIN 048B, or equivalent dance experience.

KIN 049A - Topics in Tap Dance I

See Dance 049A (below).

KIN 049B - Topics in Tap Dance II

See Dance 049B (below).

KIN 050 - Tai Chi (Non-Combative)

Emphasis on knowledge and skill, development of the standard Simplified Tai Chi Form and applications of Tai Chi for life. It is assumed that students enrolled in the class have had little or no experience in Tai Chi.

KIN 051A - Beginning Aikido

This course is focused on the philosophy, history, and basic skills related to the Japanese-derived martial art of Aikido.

KIN 051B - Intermediate Aikido

This course is focused on the development of intermediate level skills and knowledge related to the Japanese-derived martial art of Aikido. It builds upon the basic movement patterns and falling skills introduced in the beginning class.

KIN 052A - Beginning Judo

This course is focused on development the fundamental skills and knowledge related to Judo. Included are basic groundwork and throwing techniques.

KIN 052B - Intermediate Judo

This course is focused on development of intermediate level ground and throwing skills and learning in-depth strategies, philosophy, and culture related to Judo. It builds upon the basic ukemi, newaza, and tachiwaza techniques learned in the beginning class.

KIN 052C - Competitive Judo

Prepares students to use Judo techniques in competitive tournaments. The course will offer intermediate and advanced skills (standing, mat and falling techniques) and strategies to improve competitiveness.

Prerequisite: KIN 052A or KIN 052B, and/or instructor consent.

KIN 053A - Beginning Karate

This course is focused on development of fundamental skills and knowledge related to Karate. Included are basic kicking, punching, and blocking techniques.

KIN 053B - Intermediate Karate

This course is focused on development of intermediate level skills and knowledge related to Karate. It builds upon the fundamental skills and techniques developed in the beginning class.

KIN 054A - Beginning Taekwondo

This course is focused on development of fundamental skills and knowledge related to Tae Kwon Do. Included are basic patterns (poomse), kicking and one-step defenses.

KIN 054B - Intermediate Taekwondo

This course is focused on development of intermediate level skills and knowledge related to Tae Kwon Do. It builds upon the fundamental skills and techniques developed in the beginning Tae Kwon Do class.

KIN 055A - Beginning Self-Defense

This course is focused on development of fundamental skills and knowledge related to self defense. Included are mental and physical self-defense skills and techniques applicable under a variety of conditions

[Self Defense Class Video](#)

KIN 061A - Beginning Hatha Yoga

In this course the student will learn the correct movements, postures and sequence used in traditional Hatha Yoga.

KIN 061B - Intermediate Hatha Yoga

Further exploration of the theories and practices of Hatha Yoga encompassing the second level series of traditional intermediate Hatha Yoga postures, breathing exercises, and relaxation techniques.

KIN 062A - Beginning Ice Skating

A beginning ice skating course that covers the skills identified by the International Ice Skating Association (IISA).

KIN 063A - Beginning Hiking and Backpacking

An introductory course designed to impart skills such as topographical map reading, navigation and hiking. The emphases will be on logistics and operations of adventure excursions and fitness in various wilderness environments.

KIN 063B - Intermediate Hiking and Backpacking

Intermediate course designed for the student with previous hiking or outdoor adventure experience. Students are responsible for planning, packing and leading at intervals, the entire group on a 3-day overnight hiking and backpacking excursion. Students will learn topographical map, compass reading, fundamental hiking and trip planning.

KIN 064A - Beginning Mountaineering

Fundamental mountain climbing techniques for a beginning level climber which includes face climbing, chimney climbing, traversing and rappelling.

KIN 065 - Beginning Ice Hockey

Basic skills, techniques, strategies and rules of ice hockey. No previous skating is required but the ability to skate is highly recommended.

KIN 106 - Advanced SCUBA and Aquatic Technology

Underwater navigation, light salvage, searches, biological sampling, communications, weightless simulations, construction problem solving and lighting.

Prerequisite: NAUI SCUBA certification (or equivalent).

DANC 040A - Topics in Modern Dance I

Training experience in the field of beginning modern dance with varied topics. Can be repeated when topic changes.

DANC 041A - Topics in Ballet I

Training experience in the field of beginning ballet dance with varied topics. Can be repeated when topic changes.

DANC 042A - Topics in Jazz Dance I

Training experience in the field of beginning Jazz dance with varied topics. Can be repeated when topic changes.

KIN 049A - Topics in Tap Dance I

Training and experience in the field of beginning tap dance with varied topics. Can be repeated when topic changes.

KIN 049B - Topics in Tap Dance II

Training and experience in the field of intermediate tap dance with varied topics. Can be repeated for up to 2 units of credit when topic changes.

DANC 149C - Tap Dance III

Technique and performance of advanced tap for the advanced tap dancer. One unit may be used one time towards the two unit Physical Education graduation requirement.

DANC 154A - Topics in Dance Technique III

Intermediate/advanced dance with varied topics.

Prerequisite: Audition or Instructor Approval

DANC 154B - Topics in Dance Technique IV

Advanced Dance with varied topics.

Prerequisite: Audition or Instructor Approval