The Division of Kinesiology, Health and Sport Studies offers courses at the undergraduate level leading to Bachelor of Science degrees in several professional areas: Kinesiology (with concentrations in Physical Education and Physical Activity Leadership or Exercise and Sport Science) and Health Education (with concentrations in School Health and Community Health). The Division also offers teacher certification minors and/or endorsements in Physical Education, Health Education, or Adapted Physical Education. Additionally, the Division offers courses in lifestyle fitness activities available to all Wayne State University students.

The Lifestyle Fitness Activities (LFA) program is an integral part of the Division; it provides students with the opportunity to enhance physical well-being and to acquire developmental skills, knowledge, and attitudes which can be utilized throughout life. Participation in these courses also enhances self-esteem, self-responsibility, and self-determination. LFA courses are offered to both undergraduate and graduate Wayne State students; however, these courses are not offered for graduate credit. LFA courses may also be elected by non-matriculated and visiting students.

CENTEIO, ERIN: Ph.D., University of Texas at Austin; M.S., B.S., University of Illinois at Urbana-Champaign; Assistant Professor

DOMBROWSKI, RACHAEL: Ph.D., University of Illinois Chicago; M.P.H., B.S., University of Michigan; Lecturer

ENGELS, HERMANN-JOSEF: Ph.D., Florida State University; M.S., B.A., Florida International University; Professor

FAHLMAN, MARIANE: Ph.D., University of Toledo; M.A., Wayne State University; B.A., University of South Florida; Professor

GOTHE, NEHA: Ph.D., M.S., University of Illinois at Urbana Champaign; M.A., B.A., University of Mumbai; Assistant Professor

JIMENEZ, LINDA: M.Ed., B.S., Wayne State University; Lecturer

KASZETA, KRISTEN: M.A., Wayne State University; B.B.A, Saginaw Valley State University; Lecturer

KULIK, NOEL: Ph.D., University of North Carolina; M.A., B.S., Wayne State University; Assistant Professor

LAI, QIN: Ph.D., Texas A & M University; M.S., M.E., Beijing University of Physical Education; Associate Professor

MARTIN, JEFFREY: Ph.D., M.S., University of North Carolina-Greensboro; B.S., Brock University; B.A., Bowling Green State University; Professor

MCCAUGHTRY, NATHAN: Ph.D., University of Alabama; M.S., B.A., University of Wisconsin, LaCrosse; Professor

MOORE, WHITNEY: Ph.D., University of Kansas; M.S., Colorado State; B.S., West Virginia University; Assistant Professor

POSTMA, JANNE: M.Ed., Wayne State University; B.S., University of Detroit; Lecturer

Health Education

HE 5220 Health Behavior Change Cr. 3
Principles of behavior modification; theories of health behavior and program planning as they relate to health promotion and wellness. Offered Biannually.

Prerequisites: ([AA] Exempt from Gen Ed MACRAO with a test score minimum of 100) OR ([BA] Competencies Waiver with a test score minimum of 100)

HE 5440 Mental Health and Substance Abuse Cr. 3
Identification, treatment, and prevention of mental health/substance abuse problems. How school-age children and their families are affected by these problems; role of the teacher. Offered Fall, Winter.

Restriction(s): Enrollment limited to students in the College of Education.

HE 5522 Health Psychology Cr. 3
Foundations of health, research methods, biological foundations of health/illness, stress, nutrition, obesity, eating disorders, substance abuse and health, cardiovascular disease, diabetes and health, exercise and cancer; HIV, AIDS, and health; pain management and patient behavior, complementary and alternative medicine, health psychology across the life span. Offered Fall.

Prerequisites: ([PSY 1010])
HE 5620 Performance Based Assessment in Health Education Cr. 3
Assessment and evaluative techniques applied to health education, including test construction and performance-based assessment. Designed to meet assessment and evaluative competencies required for entry-level health teachers in Michigan. Offered Spring/Summer.
Restriction(s): Enrollment limited to students in the College of Education.

HE 5780 Directed Student Teaching Cr. 10
Secondary school teaching experience. Offered Fall, Winter.
Restriction(s): Enrollment limited to students in the College of Education.

HE 5993 (WI) Writing Intensive Course in Health Education Cr. 0
Disciplined writing assignments under direction of a faculty member. Satisfies University General Education Writing Intensive Course in the Major requirement. Offered Fall.
Prerequisites: [IPSY 1010] OR [(AA) Exempt from Gen Ed MACRAO with a test score minimum of 100] OR [(BA) Competencies Waiver with a test score minimum of 100]
Corequisite: HE 5522
Restriction(s): Enrollment is limited to students with a major, minor, or concentration in Health Education or Health Education Honors.

HE 6350 Health Education and the Nation's Health Cr. 3
Introductory course for graduate health program. Current national health status; contributory factors including: behaviors linked to disease, policies, problems in the health care system and delivery of health care. Offered Biannually.

HE 6420 Introduction to Health Education Program Design Cr. 3
Overview of health education program process in all practice settings. Introduction to needs assessment, objective writing, staff training, and evaluation in health education. Offered Biannually.
Restriction(s): Enrollment is limited to students with a major in Health Education; enrollment is limited to Graduate level students.

HE 6430 (WI) School Health Curriculum Cr. 3
Principles and application of school health programming. Philosophy and foundations of health education, conducting a needs assessment and design instruction based on the assessment, implementing and evaluating the intervention, implementation of skills in a secondary classroom, assessment of the process. Satisfies General Education program Writing intensive requirement for health teaching majors. Offered Winter.
Prerequisite: HE 3330 with a minimum grade of D- or HE 6500 with a minimum grade of D-
Restriction(s): Enrollment limited to students in the College of Education.

HE 6500 Comprehensive School Health Education Cr. 3
Overview of comprehensive school health education. Study of major comprehensive health curricula with intensive training in the Michigan Model. This class leads to certification to teach the Michigan Model in public schools. Offered Fall.
Prerequisite: HEA 2310 with a minimum grade of D- and HE 3300 with a minimum grade of D- and HE 3440 with a minimum grade of D- and HE 4340 with a minimum grade of D- and HE 5440 with a minimum grade of D-
Restriction(s): Enrollment limited to students in the College of Education.

HE 6501 Measurement and Evaluation in Community Health Education Cr. 3
Frameworks, principles, models and strategies for evaluating health education programs. Offered Biannually.
Prerequisites: (HE 6420 with a minimum grade of C)
Restriction(s): Enrollment is limited to Graduate level students.

HE 6530 Principles and Practice of Health Education and Health Promotion Cr. 3
Principles, resources and practical application of community health education in various settings, with emphasis on the role of the community health education specialist. Offered Biannually.

HE 6550 Teaching Methods and Techniques in Health Education Cr. 3
Strategies employed in dissemination of health information in the community and school system. Integration of cognitive skills, behavior change theory, and materials used to produce effective health instruction. Offered Biannually.

HE 7310 Psychology of Learning Across Development Cr. 3
A selection of human development and learning theories and concepts emphasizing application to various professional contexts, e.g., community, health, business, school, and other organizational settings; focus is on late adolescence (ages 18-22) and adulthood. Offered Yearly.
Restriction(s): Enrollment is limited to Graduate level students.
Equivalent: EDP 7310

Kinesiology

KIN 1991 Professional Perspectives in Kinesiology Cr. 3
Overview of academic professional and career perspectives of kinesiology. Introduction of basic concepts and applications of fitness, physical activity, wellness, nutrition and assessment. Offered Fall, Winter.

KIN 2560 Individual Problems in Kinesiology Cr. 1-3
Solving a specific problem under the guidance of the divisional staff. Offered Fall, Winter.
Repeatable for 4 Credits

KIN 3400 Lifespan Growth and Development Cr. 3
Study of change in motor behavior from infancy to older adulthood. Competency in: ability to formulate a developmental perspective, knowledge of changing behavior across life-span, knowledge of factors affecting motor development, ability to apply knowledge in instructional and recreational settings. Offered Every Term.

KIN 3540 Cultural Foundations of Kinesiology Cr. 3
Introduction to cultural competence and cultural issues in physical activity, exercise, sport, and fitness for kinesiology and health care professionals. Offered Every Term.

KIN 3550 (WI) Motor Learning and Control Cr. 3
Study of motor skill acquisition and motor control with applications to physical activity. Focus on cognitive processes and neural mechanisms which contribute to motor learning and control. Satisfies General Education program Writing Intensive requirement for kinesiology majors. Offered Every Term.

KIN 3570 Physiology of Exercise I Cr. 3
Basic physiological concepts as they relate to exercise and human performance. Practical applications incorporated into the laboratory component. Offered Every Term.
Prerequisites: [KIN 1991 with a minimum grade of C] AND ([BIO 2870 with a minimum grade of C] AND ([STA 1020 with a minimum grade of C] OR [MAT 1000 with a minimum grade of C])
Restriction(s): Enrollment limited to students in the College of Education.
Course Material Fees: $10
KIN 3580 Biomechanics Cr. 3
Application of knowledge of human physical structure and function in the analysis and appreciation of human movement; theory and practice of human movement analytic techniques. Offered Every Term.
Prerequisites: ([KIN 1991 with a minimum grade of C]) AND ([BIO 2870 with a minimum grade of C]) AND ([STA 1020 with a minimum grade of C]) OR [MAT 1000 with a minimum grade of C])
Restriction(s): Enrollment limited to students in the College of Education.

KIN 5100 Anatomical and Physiological Bases of Physical Activity Cr. 3
Basic anatomical and physiological principles that have direct application to physical activity programming in the K-12 school setting and in community-based physical activity settings. The course will include practical application experiences to illustrate the theoretical knowledge base. Offered Fall.
Restriction(s): Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 5110 Motor Learning and Development Cr. 3
Principles and practices that affect the learning and development of motor skills from birth to early adulthood. Study of theories of motor development, motor learning, and motor control; motor skill classification and games classification; developmental and motor learning stages; methodological considerations including how to measure and assess motor learning in field-based situations; and professional applications of the motor learning and development in physical education and physical activity programming. Offered Winter.
Restriction(s): Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 5200 Effective Teaching and Instructional Practices Cr. 3
Effective teaching and instructional practices in physical education and physical activity. Study of the learning process, factors that influence the learning process, effective teaching skills, effective task presentation and content development, and management of and motivation in the learning environment. Research on effective teaching practices, including behavior management, in quality physical education and physical activity programs. Offered Fall.
Restriction(s): Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 5210 Movement Education Cr. 3
Advanced study of elementary movement education through and in-depth analysis of Graham's movement skill themes. Study of movement concepts, skill themes, curriculum design, and the implementation of activities in a practical application. Students will also investigate research supporting the inclusion of movement education in quality physical education and physical activity programs. Offered Fall.
Prerequisites: ([KIN 5200 with a minimum grade of D-])
Restriction(s): Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 5220 Sports I Cr. 3
This course is designed for students to learn sports across three categories: tag, invasion, and field games. Students will learn multiple sports from each category and will be able to make extensions to many other sports in that category. In addition to instructional strategies, basic concepts, and planning for effective teaching, students will become familiar with the Sport Education Model and Tactical Games Approach. Offered Winter.
Prerequisites: ([KIN 5200 with a minimum grade of D-])
Restriction(s): Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 5230 Sports II Cr. 3
This course is designed for students to learn sports across two categories: target and net/wall games. Students will learn multiple sports from each category and will be able to make extensions to many other sports in that category. The specific instructional strategies, basic concepts, and planning for effective teaching will be focused and the sport education model will be further developed. Meanwhile, other instructional models for physical education, such as cooperative learning, teaching game for understanding, and teaching personal and social responsibility, will be introduced. Offered Spring/Summer.
Prerequisites: ([KIN 5200 with a minimum grade of D-])
Restriction(s): Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 5240 Fitness Instruction Cr. 3
Introduction to instructing children, youth, adolescents, and young adults in group fitness activities both in a physical activity environment and community setting. Instructional strategies, basic concepts, and planning for teaching group fitness as well as using basic technology to enhance teaching will be taught. Offered Winter.
Prerequisites: ([KIN 5200 with a minimum grade of D-])
Restriction(s): Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 5250 Adventure and Outdoor Pursuits Cr. 3
Instructing youth in adventure activities and outdoor pursuits. Basic principles and concepts behind teaching youth how to be physically active in the outdoors; planning appropriate instructional strategies. Content might include lessons focusing on initiatives and trust activities appropriate for school-aged youth as well rock climbing, hiking, kayaking, and orienteering. Offered Spring/Summer.
Prerequisites: ([KIN 5200 with a minimum grade of D-])
Restriction(s): Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 5260 Aquatic Leadership Cr. 3
Leadership responsibilities in the area of aquatics. Emphasis on a broad range of aquatic experiences and teaching methodologies including swimming and rescue skills necessary to complete certification as an American Red Cross Water Safety Instructor and Lifeguard. The course will also include program development, including programming for individuals with disabilities, risk management, and staff management. Offered Winter.
Prerequisites: ([KIN 5200 with a minimum grade of D-])
Restriction(s): Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.
KIN 5350 Exercise Science Internship Cr. 2-4
Supervised experience in health and exercise programs with various populations at approved sites. Offered Every Term.
Prerequisite: KIN 6320 with a minimum grade of C and LFA 2330 with a minimum grade of C
Restriction(s): Enrollment limited to students in the College of Education.
Course Material Fees: $16
Repeatable for 8 Credits

KIN 5360 Senior Research Project Cr. 1-5
Students conduct scientific research in exercise science; review of literature, data collection, assisting with data transformation, help with formal presentation of written or oral materials of findings from the study. Offered Every Term.
Restriction(s): Enrollment limited to students with a class of Junior or Senior.
Repeatable for 5 Credits

KIN 5400 Adapted Physical Activity Cr. 3
Discussion of historical and contemporary issues in adapted physical activity; instruction on appropriate evidence-based intervention strategies for individuals with varying disabling conditions; techniques for adapting the environmental conditions to improve performance and attending behaviors; and designing, implementing, and evaluating individualized programs of physical activity for individuals with emerging disabilities that face the community. Offered Fall.
Prerequisites: ([KIN 3400 with a minimum grade of D-] OR [KIN 5110 with a minimum grade of D-])
Restriction(s): Enrollment limited to students in the College of Education.

KIN 5410 Methods and Materials: Adapted Aquatics Cr. 3
Teaching methods and materials to meet the needs individuals with special needs through adapted aquatics including water orientation, swim instruction, fitness instruction, facilities and equipment considerations, and research on adapted aquatics. Offered Spring/Summer.
Prerequisite: KIN 5400 with a minimum grade of C

KIN 5420 Disability and Sports Cr. 3
This course will address teaching and coaching of developmental, recreational, and competitive sports across school-based and community-based settings including Paralympic, Special Olympic and deaf sport; and wheelchair and ambulatory sports for various age groups. Offered Winter.
Prerequisite: KIN 5400 with a minimum grade of C

KIN 5425 Assessment and Service Delivery in Adapted Physical Education Cr. 3
This course addresses how to appropriately and accurately select, administer and interpret assessment results for adapted physical education purposes; use assessment results to design and implement effective adapted physical education programs for PK-12 populations of students with disabilities; and participate collaboratively in the individualized education program (IEP) process. Offered Spring/Summer.
Prerequisites: ([KIN 5400 with a minimum grade of D-])
Restriction(s): Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 5430 Leadership Training and Practicum in Adapted Physical Education Cr. 3
Prepares adapted physical education specialists for leadership positions in K-12 adapted physical education programs and community-based adapted physical activity programs. Includes directed fieldwork in adapted physical education as required by the State of Michigan. Offered Winter.
Prerequisite: KIN 5400 with a minimum grade of C and KIN 5410 with a minimum grade of C and KIN 5420 with a minimum grade of C

KIN 5510 Coaching Principles and Certification Cr. 3
Specific topics on the coach and the athlete in areas of administration, motor learning, physical growth, motor skill acquisition, philosophy, psychology and sociology. Offered Spring/Summer.
Restriction(s): Enrollment limited to students in the College of Education.

KIN 5520 Sport Psychology Cr. 3
History, personality, psychology of injury; theories of motivation, arousal, and anxiety; competition and cooperation, feedback, reinforcement and intrinsic motivation. Team dynamics, group cohesion, communication and leadership processes, psychological qualities and skills (such as goal setting, imagery, concentration). Unhealthy sport behaviors, burnout, over-training. Psychology of youth sport; character development. Offered Fall, Winter.
Prerequisites: ([PSY 1010 with a minimum grade of C])
Restriction(s): Enrollment limited to students in the College of Education.

KIN 5523 Physical Activity and Exercise Psychology Cr. 3
Introduction of physical activity and exercise psychology from a multi-theory perspective. Determinants, well-being and interventions in physical activity, physical education and exercise settings will be explored through a broad spectrum. Offered Fall, Winter.
Prerequisites: ([PSY 1010 with a minimum grade of C])
Restriction(s): Enrollment limited to students in the College of Education.

KIN 5530 Technology and Assessment in Kinesiology Cr. 3
Current methods and activities for assessment in physical education and physical activity programming. Course also includes the use of technology in physical education and physical activity programming. Offered Winter.
Prerequisites: ([KIN 5200 with a minimum grade of D-]) AND ([KIN 5210 with a minimum grade of D-]) AND ([KIN 5220 with a minimum grade of D-]) AND ([KIN 5240 with a minimum grade of D-])

KIN 5550 Health and Physical Education for the Elementary School Teacher Cr. 3
Broad content knowledge of developmentally appropriate physical education and health education for children in grades K-6. Offered Every Term.

KIN 5580 Pediat Excrce Physylgy:Cncept&Ap Cr. 3
Offered Fall, Spring/Summer.
Prerequisite: BIO 2870 with a minimum grade of C
Restriction(s): Enrollment limited to students in the College of Education.

KIN 5600 Socio-cultural Issues in Physical Activity Cr. 3
Contemporary and historical perspective on socio-cultural and philosophical issues that influence American youth and instruction in a physical activity setting, including race, gender, sexuality, obesity, and urbanization. Offered Fall.
Restriction(s): Enrollment is limited to Graduate or Undergraduate level students.
KIN 5770 Physical Activity Leadership Internship Cr. 7
Individually arranged, supervised, educational and professional experience at an approved on-campus or off-campus based internship site. Opportunities to organize and conduct physical activity leadership responsibilities under close supervision. Through this type of exposure, the student will receive practical, on-the-job experience in one or more types of physical activity leadership. Offered Winter.

**Restriction(s):** Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 5780 Student Teaching and Seminar Cr. 10
This course prepares students for initial teaching certification through K-12 student teaching experience and seminars. The regular seminar will cover a variety of issues and topics related to teaching methods and becoming an effective teacher. Offered Every Term.

**Restriction(s):** Enrollment limited to students in the College of Education.

KIN 6100 Methods of Group Exercise Instruction Cr. 2
This course will provide students the opportunity to gain fitness leadership knowledge and ability of how to safely instruct a group exercise class. Offered Every Term.

**Prerequisites:** ([KIN 3570 with a minimum grade of C])

**Restriction(s):** Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 6120 Strength and Conditioning Cr. 3
A comprehensive overview of strength and conditioning with an emphasis on the exercise sciences (including anatomy, exercise physiology, and biomechanics) and nutrition, exercise technique, program design, organization and administration, and testing and evaluation. Additionally, this course is designed to prepare students for the nationally accredited Certified Strength and Conditioning Specialist (CSCS) certification exam. Offered Winter, Spring/Summer.

**Prerequisites:** ([KIN 3570 with a minimum grade of C] and KIN 3580 with a minimum grade of C)

**Restriction(s):** Enrollment is limited to Graduate or Undergraduate level students.

KIN 6150 ECG Interpretation Cr. 3
This course provides students with an understanding of ECG and how to interpret static and dynamic ECG strips. It gives the opportunity for students to gain a basic knowledge of ECG and how to recognize normal and abnormal ECGs. Offered Winter, Spring/Summer.

**Prerequisites:** ([KIN 3570 with a minimum grade of C])

**Restriction(s):** Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 6160 Pharmacology for the Physical Activity Professional Cr. 3
Provides students with an understanding of the concepts of pharmacology, how drugs work, and different pharmacologic actions and adverse effects that drugs produce. Offered Every Term.

**Prerequisites:** ([KIN 3570 with a minimum grade of C] and KIN 3580 with a minimum grade of C)

**Restriction(s):** Enrollment is limited to Graduate or Undergraduate level students.

KIN 6210 Physical Activity and Cognition Cr. 3
An overview of physical activity as it relates to cognitive functioning across the lifespan. Exploration of measures of physical activity, neuropsychological test batteries assessing various domains of cognitive functioning. Review studies examining the effect of physical activity on cognition and its underlying mechanisms. Offered Winter.

**Prerequisites:** ([KHS 5523 with a minimum grade of C])

**Restriction(s):** Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 6300 Exercise Physiology I Cr. 3
Basic physiological concepts as they relate to exercise and human performance. Practical applications incorporated into the laboratory component. Offered Every Term.

**Prerequisites:** (1 of MAT 1000, STA 1020) AND ([BIO 2870 with a minimum grade of C] OR [KIN 1991 with a minimum grade of C])

**Restriction(s):** Enrollment limited to students in the College of Education.

**Equivalent:** KIN 3570

KIN 6310 Exercise Physiology II Cr. 3
Metabolic, neuromuscular, cardiovascular, and respiratory adjustments to acute and chronic exercise in health and disease, including body composition and weight control, nutritional considerations, and the effects of different environments on exercise performance. Offered Every Term.

**Restriction(s):** Enrollment limited to students in the College of Education.

**Equivalent:** PSL 6010, PT 6310

KIN 6320 Fitness Assessment and Exercise Prescription Cr. 3
Physiological principles of physical fitness, including health and fitness appraisal, body composition assessment, and exercise prescription guidelines. Offered Every Term.

**Prerequisites:** ([BIO 2870 with a minimum grade of C and KIN 3570 with a minimum grade of C] OR [KIN 3570 with a minimum grade of C and KIN 3510 with a minimum grade of C])

**Lifestyle Fitness Activities**

LFA 1020 Individualized Skills Development Laboratory Cr. 1-2
Offered Fall, Winter.

**Repeatable for 4 Credits**

LFA 1030 Personal Fitness Sampler Cr. 2
Group exercise combination class that introduces five LFA courses offered in the program: Sculpt, Stretch and Tone; Cardio-Fit Kickboxing; Boot Camp Fitness; Weight Training and Fitness; and Step and Tone. Designed to promote a variety of cardio and resistance training formats. Offered Every Term.

**Restriction(s):** Enrollment is limited to Undergraduate level students.

**Repeatable for 4 Credits**

LFA 1100 Swimming: Elementary Cr. 2
Fundamental skills and knowledge in aquatics for beginners. Offered Every Term.

**Repeatable for 4 Credits**

LFA 1200 Theory and Practice of Aquatics: Water Safety Instructor Cr. 2
Instructional methods and techniques in aquatics, water safety and survival; swimming program development; pool and waterfront administration and management. Leads to Water Safety Instructor certification. Offered Winter.
LFA 1210 Pilates Matwork Cr. 2
Total body exercise program using a series of floor exercises to increase strength, flexibility, stamina and concentration. Exercises are selected based on core strengths and stabilization methods. Offered Every Term. Repeatable for 4 Credits

LFA 1220 Cardio-Fit Kickboxing Cr. 2
Time-efficient workout that stimulates the cardiorespiratory and musculoskeletal systems. Structured routines for all fitness levels (basic, intermediate, advanced); utilizes only basic kickboxing techniques. Offered Every Term. Repeatable for 4 Credits

LFA 1230 Sculpt, Stretch, and Tone Cr. 2
Total-body resistance exercise program using hand weights, ankle weights, rubber tubing, adjustable step, and other flexible sources of resistance. High-repetition exercises concentrating on proper technique, body alignment, muscular development, sound biomechanical principles. Offered Every Term. Repeatable for 6 Credits

LFA 1240 Step and Tone Cr. 2
Cardiovascular and muscular endurance and strengthening program using the adjustable step, rubber tubing, and hand-held weights. Low-impact, high-intensity workout. Energy cost controlled by step height, music tempo, tubing tension, size of weights. Offered Every Term. Repeatable for 4 Credits

LFA 1250 Zumba Cr. 2
Zumba is a fusion of Latin and International music and dance themes; the routines feature easy-to-follow aerobic/fitness interval training with rhythms that tone and sculpt the body. Offered Every Term. Repeatable for 4 Credits

LFA 1260 Step Aerobics Cr. 2
Cardiovascular and muscular endurance program using the adjustable step; designed for a low-impact, high-intensity workout. Energy cost as controlled by step height, music, tempo, choreography. Offered Every Term. Repeatable for 4 Credits

LFA 1260 Yoga Cr. 2
A personalized walking/jogging/running program designed to improve the level of cardio-respiratory condition of the participant, with the ultimate goal of completing a 5K (3.1 miles). Considerations include: nutrition, endurance, strength, proper form and various injury prevention guidelines. Offered Every Term. Restriction(s): Enrollment is limited to Undergraduate level students. Repeatable for 4 Credits

LFA 1340 Zero to a 5K Cr. 2
Basic skills and technique; history, rules, equipment and game courtesy. Offered Fall, Winter. Repeatable for 4 Credits

LFA 1350 Pocket Billiards: Beginning Cr. 2
Analysis and practice of fundamental skills, team play, and rules of kickball and dodgeball. Offered Every Term. Repeatable for 4 Credits

LFA 1410 Golf Cr. 2
Analysis and practice of skills, rules, strategy, conduct of competitive means. Offered Fall, Winter. Repeatable for 4 Credits

LFA 1420 Basketball: Fundamental Skills Cr. 2
Fundamental playing skills, team play, and rules of Floor Hockey. Offered Fall, Winter. Repeatable for 4 Credits

LFA 1480 Yoga Cr. 2
Yoga physical exercises to shape and strengthen the human body. Psychosomatic influences used to develop resistance against stress and to train the body and mind to relax. Utilization of auto-suggestion to influence lifestyle. Offered Every Term. Repeatable for 4 Credits

LFA 1520 Kickball/Dodgeball Cr. 2
Analysis, development and practice of fundamental skills, team play, strategies and rules of kickball and dodgeball. Offered Every Term. Restriction(s): Enrollment is limited to Undergraduate level students. Repeatable for 4 Credits

LFA 1530 Basketball: Fundamental Skills Cr. 2
Analysis and practice of fundamental skills, team play, and rules of basketball. Offered Every Term. Repeatable for 4 Credits

LFA 1540 Basketball: Shooting Skills and Strategies Cr. 2
Analysis and practice of intermediate and advanced shot-making skills and game strategies. Offered Fall, Winter. Repeatable for 4 Credits

LFA 1710 Fencing: Beginning Cr. 2
Analysis and practice of skills, rules, strategy, conduct of competitive means. Offered Fall, Winter. Repeatable for 4 Credits

LFA 1750 Tai Chi Chuan: Beginning Cr. 2
An ancient Chinese exercise, Tai Chi is a series of postures and transitional movements, used to improve balance, strength, circulation, and relaxation. Offered Fall, Winter. Repeatable for 4 Credits

LFA 1850 Soccer: Beginning Cr. 2
Fundamental playing skills and basic conditional and tactical aspects of the game of soccer. Rules of the game. Offered Every Term. Repeatable for 4 Credits

LFA 1992 Volleyball: Beginning Cr. 2
Analysis and practice of skills, team play, strategy, rule interpretation. Offered Fall, Winter. Repeatable for 4 Credits
LFA 2330 First Aid and CPR Cr. 3
Theory and practice of First Aid and CPR. Students can qualify for national certificates in First Aid and CPR. Offered Every Term.
Course Material Fees: $30

LFA 2560 Freshmen Quests Cr. 2
Designed for incoming freshmen to help facilitate the transition to college life, workload, and expectations. During trips, students will be introduced to many faculty/staff from various departments to learn the keys to achieving a successful college career. Offered Fall.
Restriction(s): Enrollment is limited to Undergraduate level students.
Course Material Fees: $75