

Kinesiology Families of Courses

Aquatics, Swimming

- KNAD 201A, Beginning Adapted Swimming
- KNAD 211A, Beginning Adapted Aquatics
- KNAD 211B, Intermediate Adapted Aquatics
- KNAQ 201A, Beginning Swimming
- KNAQ 201B, Lap Swimming

Badminton, Tennis, Wrestling

- KNAC 107A, Beginning Badminton
- KNAC 107B, Intermediate Badminton
- KNAC 107C, Advanced Badminton
- KNAC 160A, Beginning Tennis
- KNAC 169A, Beginning Wrestling
- KNAC 169B, Intermediate Wrestling
- KNAC 280, Track and Field
- KNAD 205A, Beginning Adapted Badminton

Basket, Base, Volley, Soccer, Water

- KNAC 200A, Beginning Intramural-Basketball
- KNAC 200B, Intermediate Intramural Sports- Basketball
- KNAC 200C, Advanced Intramural Basketball
- KNAC 211A, Beginning Baseball
- KNAC 211B, Intermediate Baseball
- KNAC 220A, Beginning Basketball
- KNAC 220B, Intermediate Basketball
- KNAC 220C, Advanced Basketball
- KNAC 226A, Beginning Water Polo
- KNAC 230A, Beginning Flag Football
- KNAC 260A, Beginning Soccer
- KNAC 260B, Intermediate Soccer
- KNAC 260C, Advanced Soccer
- KNAC 265A, Beginning Indoor Soccer
- KNAC 265B, Intermediate Indoor Soccer
- KNAC 265C, Advanced Indoor Soccer
- KNAC 270A, Beginning Softball
- KNAC 290A, Beginning Volleyball
- KNAC 290B, Intermediate Volleyball

Fitness Performance Related

- KNAF 143A, Boot Camp Workout

Personal Fitness, Circuit Training

- KNAD 202A, Beginning Adapted Circuit Training
- KNAD 202B, Intermediate Adapted Circuit Training
- KNFI 112A, Beginning Circuit Training
- KNFI 112B, Intermediate Circuit Training
- KNFI 112C, Advanced Circuit Training

Self-Defense

- KNAC 140A, Beginning Karate
- KNAC 155A, Beginning Self-Defense
- KNAF 156A, Beginning Cardio Kickboxing
- KNAF 156B, Intermediate Cardio Kickboxing

Stretch, Flex, Tone, Yoga

- KNAC 150A, Beginning Hatha Yoga
- KNAC 170A, Beginning Yoga
- KNAF 150A, Beginning Stretch, Flex and Tone

Walk, Jog, Aerobics, Spin

- KNAC 123, Personal Fitness Training
- KNAD 208A, Beginning Adapted Aerobic Fitness
- KNAD 208B, Intermediate Adapted Aerobic Fitness
- KNAF 140A, Beginning Walking/Jogging for Fitness
- KNAF 157A, Beginning Cardio Pump
- KNFI 115A, Beginning Cardiovascular Conditioning
- KNFI 115B, Intermediate Cardiovascular Conditioning
- KNFI 115C, Advanced Cardiovascular Conditioning

Weight Training

- KNAF 144A, Beginning Cross Training
- KNFI 147A, Beginning Weight Training
- KNFI 147B, Intermediate Weight Training