

# KINESIOLOGY AND HEALTH PROMOTION (KHP)

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## KHP 100 (1 credit hours)

### Walking

Instruction in a variety of motor skill activities. Courses are designed for students at a beginner level. Up to six hours credit may be earned in service courses; however, the same activity may not be repeated for credit. Lab: 1 credit (15 contact hours)

**Attributes:** Other

**Components:** LAB: Laboratory

## KHP 107 (1 credit hours)

### Fitness

Instruction in a variety of motor skill activities. Courses are designed for students at a beginner level. Up to six hours credit may be earned in service courses; however, the same activity may not be repeated for credit. Lab: 1 credit (15 contact hours)

**Attributes:** Other

**Components:** LAB: Laboratory

## KHP 129 (1 credit hours)

### Beginning Weight Training

Instruction in a variety of motor skill activities. Courses are designed for students at a beginner level. Up to six hours credit may be earned in service courses; however, the same activity may not be repeated for credit. Lab: 1 credit (15 contact hours)

**Attributes:** Other

**Components:** LAB: Laboratory

## KHP 134 (1 credit hours)

### Cross-training

Instruction in a variety of motor skill activities. Courses are designed for students at a beginner level. Up to six hours credit may be earned in service courses; however, the same activity may not be repeated for credit. Lab 1 credit (15 contact hours)

**Attributes:** Other

**Components:** LAB: Laboratory

## KHP 136 (1 credit hours)

### Advanced Walking for Fitness

Instruction in a variety of motor skills activities. Courses are for students who already possess intermediate skills in the activity. Instructors will assess skill at start of course. Up to six hours credit may be earned in service courses; however, the same activity may not be repeated for credit. Assignment of specific title will occur internally in the department. Laboratory: 3 hours.

**Pre-requisite:** Completion of comparable service course or demonstrated competency.

**Attributes:** Other

**Components:** LAB: Laboratory

## KHP 138 (1 credit hours)

### Beginning Yoga

Provides students with instruction and activities associated with beginning yoga. Lab: 1 credit (30 contact hours)

**Attributes:** Other

**Components:** LAB: Laboratory

## KHP 145 (3 credit hours)

### Concepts of Health and Fitness

Current concepts of health and fitness covering such topics as the benefits of physical fitness, principles of fitness training, prevention of cardiovascular disease, and basic concepts of nutrition and weight management. Emphasis will be on the promotion of health lifestyles.

Lecture: 3 credits (45 contact hours)

**Attributes:** Other

**Components:** LEC: Lecture

## KHP 150 (3 credit hours)

### Personal Health Behavior

Prepares students to make informed choices about health issues and behaviors and to take responsibility for their health and well-being.

Lecture: 3.0 credits (45 contact hours).

**Attributes:** Technical

**Components:** LEC: Lecture

## KHP 190 (2 credit hours)

### First Aid and Emergency Care

A study of first aid subject matter and orientation in the various first aid teaching methods. Lectures and demonstrations on first aid measures with skill training. American Red Cross Certificate made available.

Lecture: 1.0 credit hour; Laboratory: 2.0 credit hours.

**Attributes:** Other

**Components:** LAB: Laboratory, LEC: Lecture

## KHP 230 (3 credit hours)

### Human Health and Wellness

The study of health promotion, wellness, and disease prevention concepts as applied to individual, familial, and community health. Lecture: 3 credits (45 contact hours).

**Attributes:** Other

**Components:** LEC: Lecture

## KHP 240 (3 credit hours)

### Nutrition and Physical Fitness

Focuses on the inter-relationship between nutrition and physical fitness. Provides the student with the information necessary to formulate an individualized plan for achievement and maintenance of adequate nutrition and physical fitness while addressing weight control. Lecture: 3 credits (45 contact hours).

**Attributes:** Other

**Components:** LAB: Laboratory, LEC: Lecture