

Kinesiology Schedule - Fall 2023

All remote courses will meet via Zoom during the scheduled class times.

Face-to-Face Classes

Monday/Wednesday

Activity Classes

52090 KINE 1136.006 Yoga I & II | 10:45a-12:00p
52628 KINE 1113.006 Physical Cond. I & II | 12:15-1:30p
49745 KINE 1112.012 Weight Training I & II 5:45-7:00p
53497 KINE 1114.003 Cardio Boot Camp I | 5:45-7:00p



FIRST AID

49449 KINE 1306.026 | 12:15p-1:30p

80 CORE FULFILLMENT

52137 KINE 1338.015 Concepts of Fitness | 10:45a-12:00p
52143 KINE 1301.017 Foundations of Kines | 12:15-1:30p
49499 KINE 1346.001 Drug Use & Abuse | 1:45-3:00p
53495 KINE 1304.013 Personal/Comm. Health | 3:15-4:30p

Friday



49727 KINE 1127.001 Tennis I | 9:00 - 11:30a

Tuesday/Thursday

Activity Classes

49736 KINE 1112.009 Weight Training I & II | 12:15-1:30p
52133 KINE 1131.002 Pilates I & II | 1:45-3:00p
52629 KINE 1114.001 Cardio Boot Camp I | 3:15-4:30p
53501 KINE 1114.004 Cardio Boot Camp I | 5:45-7:00p
53500 KINE 1113.008 Physical Cond. I | 5:45-7:00p

FIRST AID

52086 KINE 1306.024 | 9:15-10:30a
52139 KINE 1306.025 | 12:15p-1:30p

80 CORE FULFILLMENT

49514 KINE 1304.007 Personal/Comm. Health | 9:15a-10:30a
49529 KINE 1301.006 Foundations of Kines | 10:45a-12p
53498 KINE 1338.018 Concepts of Fitness | 12:15-1:30p
52113 KINE 1346.010 Drug Use & Abuse | 3:15-4:30p

Remote Classes

Monday/Wednesday

Activity Classes

52092 KINE 1136.007 Yoga I & II | 10:45a-12:00p
53460 KINE 1113.007 Physical Cond. I & II | 12:15-1:30p

FIRST AID

42150 KINE 1306.026 | 12:15p-1:30p



80 CORE FULFILLMENT

49503 KINE 1338.007 Concepts of Fitness | 10:45a-12:00p
52145 KINE 1301.018 Foundations of Kines | 12:15-1:30p
49500 KINE 1346.002 Drug Use & Abuse | 1:45-3:00p
53496 KINE 1304.014 Personal/Comm. Health | 3:15-4:30p

Tuesday/Thursday

Activity Classes

52135 KINE 1131.003 Pilates I & II | 1:45-3:00p

FIRST AID

43211 KINE 1306.007 | 9:15-10:30a
36125 KINE 1306.011 | 12:15p-1:30p

80 CORE FULFILLMENT

49515 KINE 1304.008 Personal/Comm. Health | 9:15a-10:30a
23081 KINE 1301.005 Foundations of Kines | 10:45a-12p
53499 KINE 1338.019 Concepts of Fitness | 12:15-1:30p
52114 KINE 1346.011 Drug Use & Abuse | 3:15-4:30p

ONLINE CLASSES

16-WEEK

49763 KINE 1306.018 - First Aid
52112 KINE 1321.006 - Coaching

80 CORE FULFILLMENT

39312 KINE 1301.010 Foundations of Kines
46608 KINE 1304.006 Prsnl/Comm. Health
49447 KINE 1338.013 Concepts of Fitness
37855 KINE 1346.003 Drug Use & Abuse

FLEX 1

30728 KINE 1109.001 Walking/Jogging
49742 KINE 1136.003 Yoga I & II

80 CORE FULFILLMENT

39324 KINE 1338.005 Concepts of Fitness
52066 KINE 1346.009 Drug Use & Abuse

14-WEEK

49755 KINE 1131.001 - Pilates I & II
10497 KINE 1306.014 - First Aid

80 CORE FULFILLMENT

49535 KINE 1301.017 Foundations of Kines
10484 KINE 1304.003 Prsnl/Comm. Health
52607 KINE 1346.013 Drug Use & Abuse

FLEX 2

30722 KINE 1109.002 Walking/Jogging
49759 KINE 1113.003 HIIT I & II
49629 KINE 1136.004 Yoga I & II
46615 KINE 1306.020 - First Aid

80 CORE FULFILLMENT

52146 KINE 1301.019 Foundations of Kines
46614 KINE 1346.004 Drug Use & Abuse
49544 KINE 1304.015 Prsnl/Comm. Health
49542 KINE 1338.016 Concepts of Fitness