

# KINE2640 : Kinesiology Majors Activity Laboratory

Sports activity laboratory for Department of Kinesiology majors only. Emphasis is on sports skills, development and teaching techniques. A variety of activities will be covered, including: soccer, football, aerobic fitness, racket sports, fitness testing/fitness prescription, movement-rhythms, softball, volleyball, track and field, basketball, weight training, tennis and challenge course. Kinesiology Majors will take four credits; one of which fulfills a KINE general education requirement.

**Credits** 1

**Prerequisites**

[KINE1310](#)

This course is only open to Kinesiology Majors.