



Why KINE?

Student comments:

- Your classes taught me lifelong skills on how to understand my body and health, not just physically but mentally as well. I remember letting the stress of my classes, work, and life really get to me one semester. I would run and workout like crazy but had lost sight of my nutrition. You helped me get on track and I am so thankful for that! I wish I could still take your classes.
- Your classes helped me understand that over time and with consistency, the workouts I used to find the hardest and hated the most became more bearable. I didn't think I would be able to follow the workouts because I never worked out before but they became fun
- I learned so much about health and how to balance nutrition and activity from your classes and wish it hadn't taken me until college for it to happen!
- I never thought in a million years that I would ever run more than 3 miles in my life. After a semester of your running class, I was able to run 6 miles with ease.
- Your lessons on nutrition made me mindful to really think about what I put into my body to stay both happy & healthy. But all of the above wouldn't have been possible (or really stuck!) if it wasn't for your positivity and patience with your students.
- I took a few KINE 199 classes and enjoyed every one of them. Taking a variety helped me find a workout that I enjoy doing.

WHAT IS KINE?

- KINE is a part of the LIST department
- KINE 199: Exercise classes to fill elective credits for some majors
- KINE 120 & 223 science classes for non-science majors
- KINE instructors also teach courses that are a part of the Sport Management minor (SPMT)

WHY TAKE KINE classes?

- 15 hour flat rate tuition- you pay for 15 even if you register for less
- Fills elective credits for MARA & other majors
- No outside homework
- accountability
- Get or stay in shape
- Classes are designed for all skill and fitness levels
- Keep off the freshman 15
- Reduce stress
- Make friends
- Great GPA boost as long as you attend class

KINE 199 classes offered fall 2020:

- **KINE 199-CARDIO BOOTCAMP**
- **KINE 199- CARDIO/ YOGA combo**
- **KINE 199-YOGA**
- **KINE 199 SWIMMING**

KINE 199 course descriptions:

- **Cardio/Yoga combo**- 1 hour and 30 min 1x a week . The first 40 minutes is cardio (HIIT workouts, jogging/ walking, rowing, etc...) and the last portion is yoga work and deep stretching. Take this class to get the best of both worlds.
- **Cardio Bootcamp** – Experience a variety of workouts that create muscle confusion, and eliminate boredom. The class includes high intensity and endurance exercises, incorporates a variety of equipment, and encourages a positive environment for success.
- **Yoga** – Introduces basic yoga poses using a combination of Hatha yoga and stretching/strengthening techniques. Grades are based on performance of skills and written exams

- **X Fit** – Regardless of your fitness background or experience, this class is for everyone! The workouts are functional and combine Olympic lifts and High Intensity Interval Training.
- **Swimming** – For ANY level of swimmer, whether you want to learn HOW to swim, or how to incorporate basic swim workouts into your routine. Also great for swimmers that can handle a tough workout! Prepare for a swim test, or improve your fitness. Competitive Rowing- Practice with the Aggie crew team to learn the skills and teamwork required competitive rowing.
- **Basic Sailing** – Learn the basic skills of sailing and enjoy an activity that will make all of your friends wish they studied in Galveston!

KINE 120 & KINE 223: science classes for non-science majors:

KINE 223 Intro to the Science of Health and Fitness –

Exposes you to the scientific method of evaluating fitness, nutrition, physical conditioning, and public health issues. This class counts as 3 science hours for core curriculum (out of 9 required) AND keeps you moving!

KINE 120 The Science of Basic Health and Fitness –An overview of the human body with an interdisciplinary focus on wellness and longevity. Topics include the management of diet, body weight, stress, and cardiovascular fitness. Physical activity labs are integrated into the course with a concentration on the scientific basis of conditioning. This core curriculum course counts as 1-hour of science for non-science majors.

Consider and SPMT minor:

DIVERSITY IN SPORTS ORGANIZATIONS

SPMT 336 – Counts as both a Social/Behavioral Science AND ICD. This course engages students in the study and understanding of important issues related to diversity and inclusion in the sport industry specifically and be able to apply these concepts to the workplace and broader society. Courses in Social and Behavioral Sciences focus on the application of empirical and scientific methods that contribute to the understanding of what makes us human. This course involves the exploration of behavior and interactions among individuals, groups, institutions, and events, examining their impact on the individual, society, and culture.

Email Amie Hufton at huftona@tamug.edu with any questions!

INTERNATIONAL SPORTS BUSINESS

SPMT 337 – Counts as both a Social/Behavioral Science AND ICD. This course seeks to introduce students to international sport business by focusing on four international sports organizations and the challenges they face. These problems range across conflict management, strategic management, governance, corporate social responsibility, and marketing, development, and research methods. Students are empowered to conduct research on the problems, integrate theory and practice, working in groups and individually to offer viable and fully justified solutions, which are communicated visually, orally, and written.

Email Katie Slatton at slattonk@tamug.edu with any questions

Financial Aid information:

- As long as the student is taking 12 hours counting toward their program, they should be able to take a KINE 199 and not have to pay extra for it because of flat rate tuition
- Academic advisors may get confused and caution students not to take *any* class that's not in their degree program
- Please note that in this situation (a student in 12 hours counting, with a PE class added on), the student will still get emails/communications from our office advising that a class "isn't counting for financial aid purposes" – these notifications that go out are automated by the system which doesn't always distinguish that 12 other hours *are* counting.
- Federal financial aid only covers the degree path classes.
- State Aid and scholarships will cover KINE 199

Email Katie Slatton at slattonk@tamug.edu OR Amie Hufton at huftona@tamug.edu with any questions