COURSE INFORMATION FORM

DISCIPLINE
Physical Education

COURSE TITLE
Kinesiology- Exercise Science

CR.HR 3
LECT HR 3
LAB HR
CLIN/INTERN HR
CLOCK HR

CATALOG DESCRIPTION
Discussion of the anatomy and function of the musculoskeletal system which will include muscular origin and insertion and the mechanics of muscular action. Knowledge of body mechanics and the body as a lever system will assist in the ability to analyze movement.

PREREQUISITES
BIOL 108 Introductory Anatomy & Physiology or BIOL 109 – Anatomy & Physiology or BIOL 110 - Human Anatomy & BIOL 210 - Human Physiology

EXPECTED STUDENT OUTCOMES IN THE COURSE
Upon completion of this course, the student will be able to:
1. Identify the location of each joint and their associated components and functions.
2. Identify the location, action and innervations of selected musculature.
3. Analyze movement of the trunk, upper and lower extremities to determine joint and musculoskeletal contributions.
4. Demonstrate and perform manual muscle testing.
5. Demonstrate and perform range of motion measurements.
6. Discuss the use of the body as a lever system.
7. Utilize medical terminology associated with kinesiology.

CLASS-LEVEL ASSESSMENT MEASURES
Student accomplishment of expected student outcomes will be assessed using the following measures. (Identify which measures are used to assess which outcomes.)

Homework (1,2,3,6,7)
Quizzes (1,2,3,4,5,6,7)
Class participation (1-7)
Lab practical examinations (1,2,3,4,5)
Exams (1,2,3,4,5,6,7)
PROGRAM-LEVEL OUTCOMES ADDRESSED

General Education Outcomes
Specify which general education outcomes, if any, are substantially addressed by the course by completing the “Course/Program Assessment Matrix” to show the relationship between course and program outcomes and assessment measures.

Communication: Reading Skills
4. Determine meaning from context (ESO) (1-7)

Life-Long Learning
2. Apply learned skills to real world interactions (3,4,5,6,7)
3. Synthesize information to facilitate application (3,4,5,6,7)

Occupational Program Outcomes
Specify which occupational program outcomes, if any, are substantially addressed by the course by completing the “Course/Program Assessment Matrix” to show the relationship between course and program outcomes to assessment measures.
Individual instructors may order this outline as fits the needs of their individual courses. In addition, they may place more emphasis on some areas than on others. What is assured is that this particular list is covered in the course. Other topics may be added to a course as the instructor sees fit, and as time and interest allow. An *asterisk can be used to mark an item as optional.

I. Introduction to the Study of Kinesiology
   A. Definition of kinesiology, static and dynamic movement
   B. Positions of the human body
   C. Planes and axes of movement
   D. Neuromuscular basis of human motion
   E. Joints and joint structures in the human body
   F. Lever systems of the human motion

II. The Shoulder Region
   A. Bones and landmarks
   B. Joints and planes of movement
   C. Origins, insertions, actions and innervations of the muscles
   D. Manual muscle testing
   E. Goniometry

III. The Elbow, Forearm, Wrist and Hand
   A. Bones and landmarks
   B. Joints and planes of movement
   C. Origins, insertions, actions and innervations of the muscles
   D. Manual muscle testing
   E. Goniometry

IV. The Hip Region
   A. Bones and landmarks
   B. Joints and planes of movement
   C. Origins, insertions, actions and innervations of the muscles
   D. Manual muscle testing
   E. Goniometry
   F. Gait & Posture Analysis

V. The Knee, Ankle, and Foot
   A. Bones and landmarks
   B. Joints and planes of movement
C. Origins, insertions, actions and innervations of the muscles
D. Manual muscle testing
E. Goniometry
F. Gait & Posture Analysis

VI. The Spinal Column and Thorax
   A. Bones and landmarks
   B. Joints and planes of movement
   C. Origins, insertions, actions and innervations of the muscles
   D. Posture Analysis