

HHP 260 : ANATOMICAL KINESIOLOGY

Transcript title

Anatomical Kinesiology

Credits

4

Grading mode

Standard letter grades

Total contact hours

40

Lecture hours

40

Recommended preparation

BI 231 and WR 065 or higher.

Course Description

Introduces the science of human movement (kinesiology). Explores the anatomical elements, such as muscle action and joint structure and function involved in the gross motor movement. Emphasizes structural anatomy, primary movers of each joint, and muscle utilization for specific sport actions.

Course learning outcomes

1. Understand chronic health risks and how to implement holistic, lifestyle behavior change to enhance personal and community-wide safety, health, and fitness.
2. Identify all human bones and bony landmarks that serve as origins or insertions for locomotive skeletal muscles.
3. Demonstrate fluency in anatomical descriptive and directional terminology.
4. Identify and describe synovial joints and demonstrate the actions possible and the planes and axes moved through and about for all major human synovial joints.
5. Identify, describe, and demonstrate the three muscular contractions types.
6. Name and identify all human skeletal muscles and their origins and insertions.
7. Describe and identify all the actions possible for each skeletal muscle at each joint it crosses.
8. Visually analyze human movement to describe the actions, planes, axes, and contraction types of complex, full-limb movements and assign the muscles active at each joint.
9. Analyze neutralizing muscles required for correct movement patterns.

General education/Related instruction lists

- Science not Lab
- Health