

Kinesiology 1

Local Course #: 8930

State Course ID: N1302104

Course Description:

This course is designed to introduce students to the basic concepts of kinesiology. Students will gain an understanding of body mechanics, physiological functions of muscles and movements, the history of kinesiology, and the psychological impact of sports and athletic performance. Students will also explore careers within the kinesiology field and be able to explain the societal demand for kinesiology-related jobs. Students will develop a foundation in Kinesiology I that will prepare them for upper-level courses that will dive deeper into the anatomical and physiological functions of the body and provide opportunities for an industry-certified exam such as a certified personal trainer

Link to TEKS:

<https://drive.google.com/file/d/1ErVPUBj5s5KvoR00bLIUZsO1HE61kZ4c/view?usp=sharing>

First 9 Weeks Major Topics:

Comm, Career, CPR & First Aid

Second 9 Weeks Major Topics:

structural kine, Biomechanics

Third 9 Weeks Major Topics:

Biomechanics, foot and ankle

Fourth 9 Weeks Major Topics:

shoulder, knee, hip