

## **Kinesiology 2**

**Local Course #:** 8932

**State Course ID:** N1302124

### **Course Description:**

The Kinesiology II course is designed to provide students an advanced level of knowledge, skills, and understanding of body composition and the effect on health, nutritional needs of physically active individuals, qualitative biomechanics, application of therapeutic modalities, appropriate rehabilitation services, and aerobic training intensity programs. The course is designed to allow students to advance their understanding of professional standards, employability skills, and ethical and legal standards. Throughout this course, students explore the healthcare/exercise business model and gain an understanding of therapeutic sports psychology. Students develop proper aerobic fitness programs and rehabilitation programs. Kinesiology II prepares students for an industry certification exam such as Certified Personal Trainer.

### **Link to TEKS:**

<https://tea.texas.gov/academics/learning-support-and-programs/innovative-courses/kinesiology-ii-2021.pdf>

### **First 9 Weeks Major Topics:**

Anatomy and Physiology of bones, muscles, joints.

### **Second 9 Weeks Major Topics:**

Body levers, mechanical stress, deformation, posture, kinetic chain, applied biomechanics, heart anatomy, blood flow throughout the body, exercise physiology

### **Third 9 Weeks Major Topics:**

Bioenergetic systems, anerobic threshold, neuromuscular motor units

### **Fourth 9 Weeks Major Topics:**

Nutrition, goal body weight calculations, body composition, flexibility, strengthening