

Kinesiology II – Course Syllabus

Coach Young – Lake Dallas High School

2025-2026 School Year

Dear Parents and Guardians,

Welcome to Lake Dallas High School! This syllabus outlines the course plan for your child's class this semester, including key topics, expectations, and how you can support their success. As required by Texas law (Senate Bill 12), this document serves as the instructional plan and is available for your review. I look forward to working with you and your child!

Contact Information

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Course Overview

Kinesiology II takes your fitness and health knowledge to the next level. In this class, you'll learn how the body works, how to train it effectively, and how to help others reach their fitness goals. You'll study topics like body composition, nutrition for active people, biomechanics, injury prevention, rehabilitation, and sports psychology.

You'll also get hands-on practice with real fitness tests, training methods, and therapeutic tools — all while learning the professional skills you'll need in the health and fitness industry. This course also prepares you for industry certification, such as becoming a Certified Personal Trainer.

What You'll Learn

By the end of this course, you'll be able to:

- Measure and interpret body composition, heart rate, and blood pressure
 - Create and run aerobic, strength, and endurance training programs
 - Understand and apply sports nutrition and hydration strategies
 - Perform and interpret flexibility, power, and endurance assessments
 - Use therapeutic modalities (heat, cold, electrical stimulation) safely
 - Design individualized fitness and rehabilitation plans
 - Build client rapport and set SMART goals
 - Understand the legal, ethical, and professional standards in fitness
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Course Units

1. **Professional Skills & Communication** – Teamwork, leadership, medical terminology, and workplace behavior.
2. **Body Composition & Health** – Measuring body fat, BMI, and waist-to-hip ratio, and what these numbers mean for health.
3. **Aerobic Fitness & Heart Health** – Testing aerobic capacity, calculating heart rate zones, and understanding how the heart adapts to exercise.
4. **Sports Nutrition** – Fueling for performance, hydration strategies, and creating a basic nutrition plan.
5. **Biomechanics & Movement** – How joints and muscles work, range of motion testing, and movement efficiency.
6. **Strength, Power & Endurance Training** – Training principles, anaerobic vs. aerobic exercise, and performance testing.
7. **Balance & Core Stability** – Testing and improving balance and core strength.

8. **Therapeutic Modalities & Recovery** – Using heat, cold, and electrical therapy to help recovery and prevent injury.
 9. **Fitness Program Design** – Conducting assessments, setting goals, and writing personalized programs.
 10. **Ethics & Certification Prep** – Understanding legal responsibilities, client confidentiality, and preparing for the Certified Personal Trainer exam.
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Hands-On Activities

- Rockport 1-Mile Walk, 1.5-Mile Run, and Step Test
 - Push-Up Test, Vertical Jump, Agility T-Test
 - Flexibility tests (Thomas test, Apley's scratch test)
 - Body composition measurements (BIA, waist-to-hip ratio)
 - Using therapeutic tools like ice massage and heating pads
 - Designing and presenting a complete training plan for a "client"
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Expectations

- **Be prepared and on time** – professionalism starts here.
- **Respect your classmates and equipment** – we work as a team.
- **Dress appropriately for activity days** – athletic wear and proper footwear required.
- **Give your best effort** – whether in the gym, lab, or classroom.