

KINESIOLOGY (KINS)

KINS 237-CN Foundations of Human Movement (1 Unit)

An introductory course examining the biomechanical and physiological factors contributing to the control of human movement. This course concentrates on the biomechanical principles of the musculoskeletal system and how these principles impact global human movements as well as joint-specific movement. It will also encompass the foundational physiology of muscle tissue and how it facilitates movement about a joint. Learning experiences will include self-paced online modules, in-person lectures, laboratories, and task analysis activities to foster the ability to comprehend the foundational principles that drive human movement.