

North Hennepin Community College

EXSC 2490: Kinesiology

A. COURSE DESCRIPTION

Credits: 4

Lecture Hours/Week: 0

Lab Hours/Week: 0

OJT Hours/Week: *.*

Prerequisites:

This course requires the following prerequisite

EXSC 2010 - Essentials of Exercise Science (Minimum grade: 1.67 GPA Equivalent)

Corequisites: None

MnTC Goals: None

Course Content includes study of human movement and the muscular system. Skeletal and major muscular systems will be studied in detail in order to better understand how human movement is produced. Students will anatomically analyze movements and be introduced to the concepts of biomechanics. (3 hours lecture, 3 hours lab) Prerequisites: EXSC 2010 - Essentials of Exercise Science (Minimum grade: 1.67 GPA Equivalent)

B. COURSE EFFECTIVE DATES: 08/01/2015 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Course content includes identification and analysis of muscles used in single and multiple joint movements.

D. LEARNING OUTCOMES (General)

1. Identify major muscle groups and their association to specific movements.
A.S. in PE Goals: 1, 2d,e
A.S. in EXSC & Personal Training Certificate Goals:1, 2d,e
NHCC ELOs:1,2
2. Analyze single and multiple joint movements.
A.S. in PE Goals: 1, 2d,e
A.S. in EXSC & Personal Training Certificate Goals:1, 2d,e
NHCC ELOs: 1,2
3. Solve and describe solutions to problematic or unhealthy muscular movement using instruction and correction strategies. (Dept. Goals 2d., 3b.; MnTC Goal 1, comp. a; MnTC Goal 2, comps a, b, c)
ELOs 1, 2
4. Research and communicate an analysis of a specific motion.
A.S. in PE Goals:1, 2a,b,c,d,e, 4
A.S. in EXSC & Personal Training Certificate Goals: 1,2a,b,c,d,e,f, 3d, 4
NHCC ELOs: 1,2,3,4

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement including: Civic knowledge and involvement - campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.
4. Integrative and Applied Learning--Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.