

# KINESIOLOGY ARTICULATION

## Pierce County Careers Connection Dual Credit Articulation Agreement

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Upon completion of a full year of high school or equivalent to the following competencies:

- Identify activities and exercises in order to enhance Activities of Daily Living (ADL).
- Provide the foundation for developing an exercise program from a kinesthetic point of view.
- Describe the difference between quantitative and qualitative analysis of human movement, providing examples of how both are utilized in assessment of physical activity.
- Use technical terminology and abbreviations.
- Use verbal cuing and technical terminology to teach movement of exercise.
- Measure muscular strength and muscular endurance.
- Review literature using the scientific method.
- Recognize structural abnormalities, postural abnormalities, deformities and muscular imbalances.
- Write individualized exercise prescriptions based on health appraisals.
- Correct form, technique and movement errors through use of drills, activities and exercises.
- Apply kinesthetic concepts and patterns in order to conduct a health appraisal.
- Identify types of levers and biomechanical advantages for a variety of movements.
- Use bio-mechanical concepts in order to maximize the use of levers in safe movement practice.
- Summarize bone growth and development in relations to age and adaptations in response to various physical activities.
- Demonstrate safe movement techniques and patterns on subjects.
- Assess normal and abnormal joint specific Range of Motion and Flexibility (ROM).

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A student earning a "B" grade or better may earn college credit at the following college:

<u>College</u>	<u>Course</u>	<u>Credits</u>
Pierce College	KINS 250 (CIP Code: 31.0504)	5