

KINESIOLOGY ARTICULATION

Pierce County Careers Connection Dual Credit Articulation Agreement

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

☐	Review and understand terminology used to describe body parts, locations, reference positions and anatomical directions.
	Understand the etymology of most commonly used terms in naming the muscles, bones, and joints and their functions.
	Review the basic anatomy and function of the muscular and nervous system.
	Learn and understand different types of muscle contraction and the factors involved in each.
	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.
	Review literature using the scientific method.
	Recognize structural abnormalities, postural abnormalities and deformities, muscular imbalances.
	Understand how to demonstrate correct form, technique and identify movement errors with exercises.
	Apply kinesthetic concepts and patterns in order to create an exercise prescription.
	Use elements of teaching and verbal cues in order to teach proper movements of exercises.

	Describe various types of bones and joints in the human body and their characteristics.
	Review important bony features, ligaments, and muscles on the human skeleton with respect to the joints of the body.
	Summarize bone growth and development in relation to age and adaptations in response to various physical activities..
	Assess normal and abnormal joint specific (ROM) Range of Motion and flexibility using goniometers.
	Analyze specific exercise movements to determine the joint movements and the types of contractions occurring in specific muscles involved in those movements.
	Demonstrate movements of various joints of the body and their respective planes of movement and axes of rotation,.
	Begin to understand and identify exercises that increase strength and endurance of individual muscle groups.

A student earning a “C” grade or better may earn college credit at the following college:

<u>College</u>	<u>Course</u>	<u>Credits</u>
Pierce College	KINS 250	5