Course Description
This course is designed to provide students with the practical competencies required in the field of Kinesiology. Included in this course is general physical fitness and health information, functional anatomy, biomechanics, muscle physiology, energy systems, cardiovascular physiology, nutrition and weight management. This course will enhance any type of professional preparation for all careers that emphasize health and fitness.

Semester Hours Credit
Three (3) Hours

Lecture/Lab Hours
Three (3) Lecture Hours

Prerequisite
None

Textbook

Student Learning Outcomes
1. Students will know the major muscles of the human body.
2. Students will know the bones of the human body.
3. Students will have knowledge of muscle physiology.
4. Students will have knowledge of the Respiratory System.
5. Students will have knowledge of the Cardiovascular System.
6. Students will have knowledge of the body’s nutritional needs.
7. Students will have knowledge of body composition and weight management.

Evaluation Methods
Study Questions 20%
In class Quizzes 20%
Exams 30%
Final Exam Presentation 20%
Participation & Attendance 10%

ADA Statement
No qualified individual with a disability shall, by reason of such disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of the College District, or be subjected to discrimination by the College District. Nor shall the College District exclude or otherwise deny equal services, programs, or activities to an individual because of the known disability of an individual with whom the individual is known to have a relationship or association. 42 U.S.C. 12132; 28 CFR 35.130(g)

Academic Dishonesty
Each student is charged with notice and knowledge of the contents and provisions of Coastal Bend College’s rules and regulations concerning student conduct. All students shall obey the law, show respect for properly constituted authority, and observe correct standards of conduct. Scholastic dishonesty shall constitute a violation of these rules and regulations and is punishable as prescribed by Board policies. Scholastic dishonesty shall include, but not be limited to, cheating on a test, plagiarism, and collusion. (See the Student Handbook for further explanation of Scholastic Dishonesty.)