

**Course:**

**HHP 3850 Biomechanics and Kinesiology**

**4 hours**

**Majors, Minors & Degrees:**

**Majors**

Athletic Training (B.S.)

Exercise Science (B.S.)

Health and Fitness Studies (B.S.)

Health and Physical Education (B.S.)

Physical Education (B.S.)

**Majors (Adult)**

Health Science (B.S.)

**Minors**

Exercise Science

**Departments/Programs:**

Health and Human Performance

This course integrates physics with human movement to provide understanding of human movement from a kinetic and kinematic perspective. Students will explore and apply these principles to a human movement or exercise of their choice. In the later part of the course, students will be exposed to the detailed structural kinesiology of the musculoskeletal system.

*Prerequisite(s): BIO 1090 Human Anatomy and Physiology and junior standing.*

(Normally offered each spring semester.)