

## 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 Introduction to Human Anatomy and Physiology I and junior standing.*  
(Normally offered each spring semester.)