

Nebraska Wesleyan University

Catalog 2019-2020

## 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.)

### 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.)