Nebraska Wesleyan University

HHP 3850 Biomechanics and Kinesiology

Catalog

2020-2021

Course Description

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.)

Course Hours

4 hours

Departments

1. Health and Human Performance