4/30/2024 DATE
☑ REQUIRED COURSE
☐ ELECTIVE COURSE

Social Science DIVISION
☐ NEW COURSE
☑ REVISION

Lake Land College

Course Information Form

COURSE NUMBER:	PED-244		TITLE: *(30 Characters Max)*	Kinesiology							
SEM CR HRS:	4	Lecture:	4	Lab:	0					ECH:	4
Course Level:	☐ Gen Ed / IAI ☐ Career/Technical ☑ Baccalaureate /Non-IAI ☐ Dev Ed/ Not in Degree Audit			Clinical Practicum:	0	Work-based Learning	0	WBL ECH:	0		
COURSE PCS #	11 - 31.0501		IAI Code					Contact Hours (Minutes Per Week)			
Repeatable (Y/N):	N	Pass/Fail (Y/N):	N	Variable Credit (Y/N):	N	Min:		Max:		16 Wks	200	8 Wks	400
Prerequisites:	Bioscience (BIO-100) and Human Physiology (BIO-299) or Anatomy & Physiology (BIO-225)										
Corequisites:	None										
Catalog Description: (40 Word Limit)	The study of functional musculoskeletal anatomy, muscle actions, and the laws of physics used in the performance of human motion.										

List the Major Course Segments (Units)	Contact Lecture Hours	Contact Lab Hours	Clinical Practicum	Work-based Learning
The Body as a Whole	4	0		
Biomechanic Principles	12	0		
Functional Musculoskeletal Anatomy	36	0		
Gait and Posture	8	0		
TOTAL	60	0	0	0

EVALUATION							
QUIZZES	☐	EXAMS	☑	ORAL PRES	☐	PAPERS	☐
LAB WORK	☐	PROJECTS	☐	COMP FINAL	☑	OTHER	☐

COURSE MATERIALS		
TITLE:	Clinical Kinesiology and Anatomy	Flash Cards: Trail Guide to the Body
AUTHOR:	Lynn Lippert	Andrew Biel
PUBLISHER:	F A Davis	Books of Discovery
VOLUME/EDITION/URL:	6th edition	Volume 2/6th edition
COPYRIGHT DATE:	2017	2016

TITLE:	Kinesiology of the Musculoskeletal System	Trail Guide to the Body
AUTHOR:	Donald Neuman	Andrew Biel
PUBLISHER:	Mosby	Books of Discovery
VOLUME/EDITION/URL:	4th edition	6th edition
COPYRIGHT DATE:	2024	2016

MAJOR COURSE SEGMENT	HOURS	LEARNING OUTCOMES
		The student will be able to:
The Body as a Whole	4	Define body planes, joint axis, muscle types, joint structure and range of motion.
Biomechanics Principles	12	Define and differentiate use of mechanic principles in leverage, balance, stability, momentum, and inertia.
Functional Human Musculoskeletal Anatomy	36	Demonstrate knowledge of muscle origin, insertion, action, and nerve supply. Demonstrate knowledge of bone structure and landmarks. Identify the arthokinematics of joints of the body.
Gait and Posture	8	Define the phases of gait. Demonstrate knowledge of muscle activity during gait. List the plumb line of the body.
	60	

COURSE OUTCOMES*	At the successful completion of this course, students will be able to:
	Identify the planes of the body and give an example of joint motion within each plane.
	List and identify the origins, insertions, actions and nerve supplies of muscles in the body.
	Describe arthokinematics of the joints of the body.
	Discuss and identify postural alignment and key elements of the normal gait pattern.

** Course Outcomes will be used in the Assessment Software for Outcomes Assessment. Limit to 3 - 5.*