

PE 365

Kinesiology

Competencies

ASSESSMENT AND EVALUATION

Cognitive Domain

- Lists and defines directional terms and cardinal planes used to describe the body and the relationship of its parts.
- Defines the principles and concepts of body movement including functional classification of joints, joint biomechanics, normal ranges of joint motion, joint action terminology, muscular structures responsible for joint actions (prime movers, synergists), skeletal muscle contraction, and kinesthesia/proprioception.