

## **KIN 245 Anatomical Kinesiology**

### **RISK MANAGEMENT AND INJURY PREVENTION**

#### Cognitive Domain

- 9 Defines the use of standard tests, test equipment, and testing protocol for the measurement of cardiovascular respiratory fitness, body composition, posture, flexibility or muscular strength, power, and endurance.
- 12 Compares and contrasts the use of various types of flexibility and stretching programs, considering the results athletes and others involved in physical activity would expect if they followed a recommended routine.

#### Affective Domain

- 9 Appreciates and respects the concepts and theories pertaining to strength, flexibility, and endurance programs or routines.

### **PATHOLOGY OF INJURIES AND ILLNESSES**

#### Cognitive Domain

- 5 Understands how the use of exercise will improve the non-diseased organ system, thus enhancing overall wellness.

### **ASSESSMENT AND EVALUATION**

#### Cognitive Domain

- 2 Distinguishes the anatomical and physiological growth and development characteristics of athletic and physically active males and females in the following stages: pre-adolescent; adolescent; adult; and senior.
- 3 Describes the physiological and psychological effects of physical activity and their impact on the performance of athletes and individuals involved in other forms of physical activity.
- 17 Explains the distinction between body weight and body composition.
- 18 Describes the use of basic somatotyping to quantify objective physical characteristics.

#### Affective Domain

- 5 Appreciates the practical importance of thoroughness in a clinical evaluation.