

**KINESIOLOGY
ARTICULATION**

Pierce County Careers Connection
Dual Credit Articulation Agreement

Upon completion of a full year of high school or equivalent to the following competencies:

□	Describe and demonstrate the correct use of anatomical and directional terminology.
	Articulate the basic neuromuscular concepts in relation to how muscles function in joint motions and the neural control mechanisms for human movement.
	Describe the basic effects of mechanical loading on bone, muscles, cartilaginous and ligamentous structures in the human body.
	Apply the concepts of kinematics and kinetics to help improve physical performance using both quantitative and qualitative data.
	Identify all skeletal muscles involved in human movement at each joint of the body by listing, drawing, labelling or palpating.
	Describe structural abnormalities, postural abnormalities, deformities and muscular imbalances and make recommendations based upon analysis of human movement.
	Analyze common exercises to determine joint movements, muscles involved, contraction types, and teaching techniques using proper cuing.
	Assess joint specific Range of Motion (ROM) using various protocols, tools, and use measurements to develop an exercise prescription.
	Evaluate information and its sources critically using scientific research.

A student earning a "C" grade or better may earn college credit at the following college:

<u>College</u>	<u>Course</u>	<u>Credits</u>
Pierce College	KINS 250 (CIP Code: 31.0504)	5