

Montgomery County Community College
ESW 222
Applied Kinesiology
3-3-0

COURSE DESCRIPTION:

This course is designed to introduce the student to the basic fundamentals of human

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
<p>3. Select appropriate exercises and exercise progressions to improve strength and ease of movement in occupational, daily living, sport and exercise settings across the lifespan.</p>		

- J. Movement Analysis
- K. Exercise programming across the lifespan

LEARNING MATERIALS:

Text:

Floyd. (2014). *Manual of Structural Kinesiology* (19th ed.). New York, NY: McGraw-Hill.

Reference:

*ACSM Journal
Research Quarterly for Exercise and Sport.*

Other learning materials may be required and made available directly to the student at the college's library or through the college's management system.

COURSE APPROVAL: 2/10/2000

Prepared by: Sheldon Chamberlain and Joselle Edwards	Date: 12/9/2005
Revised by: Dr. Anne Livezey	Date: 2/2009
VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr.	Date: 9/11/2009

Revised by: Dr. Anne Livezey	Date: 12/2012
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 12/2012

Revised by: Amanda Wooldridge and Dr. Anne Livezey	Date: 7/2014
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 12/2014

This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.