



The journey...

- begins with foundational kinesiology terminology,
- then moves on to a thorough exploration of the structure and function of the bones, joints, and myofascial tissues of the body.
- It then weaves this fundamental content into greater movement/kinematic concepts of human body motion.
- Throughout this master class, critical thinking and creative exploration of the concepts involved are employed.
- And touchstones of the concepts of kinesiology are applied throughout to real-world application of manual and movement therapies.
- Critical thinking empowers you for creative application of your manual and movement therapy skillsets.

***This course is a must for manual therapists and movement professionals!***

Kinesiology Master Class comprises four modules, containing 21 video lecture presentations along with corresponding pdf slide presentations:

• **Fundamentals of Structure and Motion of the Body**

- o Parts of the Human Body (1 hour)
- o Mapping the Human Body (1.5 hours)

• **Skeletal Osteology and Fascia**

- o Skeletal Tissues (3 hours)
- o Fascia (5 hours)
- o Bones of the Human Body (12 hours)



- **Skeletal Arthrology**

- o Joint Action Terminology (5.5 hours)
- o Classification of Joints (3 hours)
- o Joints of the Axial Body (8.5 hours)
- o Joints of the Lower Extremity (13 hours)
- o Joints of the Upper Extremity (10 hours)

- **Myology**

- o Attachments and Actions of Muscles (20.5 hours)
- o Anatomy and Physiology of Muscle Tissue (6 hours)
- o How Muscles Function: the Big Picture (4 hours)
- o Types of Muscle Contractions (3 hours)
- o Roles of Muscles (6 hours)
- o Types of Joint Motion and Musculoskeletal Assessment (5 hours)
- o Determining the Force of a Muscle Contraction (3.5 hours)
- o The Neuromuscular System (5.5 hours)
- o Posture and the Gait Cycle (5 hours)
- o Common Postural Distortion Patterns (7 hours)
- o Stretching (3 hours)