



Excellence in Anatomy Education

Kinesiology Master Class

MODULES:

Fundamentals of Structure and Motion (total time: 2.5 hours):

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

Skeletal Osteology and Fascia (total time: 20 hours):

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

Skeletal Arthrology (total time: 40 hours):

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

Myology: COMING SOON!

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