

## KI 201 : Introduction to Kinesiology

The purpose of this course is to introduce the exciting field of study that is kinesiology. This course lays the foundation for studying the many aspects of human movement, performance, and health. Students will explore topics such as career paths, anatomy, biomechanics, exercise physiology, and movement terminology.

**Credits** 4.0

**Semester Offered**

Offered spring semesters