



Independence High School
Kinesiology Program

Dear IHS Students and Parents/Guardians,

Thank you for your interest in our Kinesiology Program. Please review the following information and guidelines to ensure that you are joining a program that best fits your needs and goals.

Description of Courses

Year 1: (Juniors - Priority, Seniors welcome to apply) Essentials of Personal Fitness Training

This course offers a detailed discussion of functional anatomy, functional biomechanics, and motor learning as it related to functional rehabilitation and athletic reconditioning. The student will be introduced to integrated, functional rehabilitation techniques including core stabilization, neuromuscular stabilization, reactive neuromuscular stabilization, integrated flexibility, integrated strength, speed training, foot training, and vision training. The student will also be taught a comprehensive kinetic chain assessment to determine myokinematic, arthrokinematic, and neuromuscular deficits. After completing this course, the students will be prepared for a second year course that will apply all the skills learned in the first year course in a second year course with applications.

Year 2: (Seniors who passed Year 1) Essentials of Corrective Exercise Training

This course will present an evidence-based approach to corrective exercise, the components of a comprehensive solution, and the practical know-how to develop and implement integrated strategies to improve common movement impairments. Students completing this course will be prepared to take NASM's Corrective Exercise Specialist credentialing examination. This class is the continuation OF THE FIRST YEAR Essentials of Personal Fitness Training.

In addition, during year 2 we will cover topics related to: **Prevention and Care of Athletic Injuries**

This course is designed to introduce students to the field of sports related injuries. Emphasis is on the history of dealing with injuries in athletics, functional anatomy and biomechanics of common injuries, evaluation techniques, and preventative measures to reduce and minimize the incidences of athletic injuries. In addition, this course will cover in detail a knowledge of basic treatment procedures to be used after injuries occur, along with the legal and ethical issues surrounding athletic injury care and prevention. Opportunities are provided for the students to gain practical experience. Training provided in this class is separated into classroom, and Laboratory hands on experience. All academic coursework will be done using the American Medical Association guidelines.

Name _____ UID _____ Grade _____

Students who enroll in the Kinesiology Program must have C's or better in Biology.

Biology Grades: Semester 1 _____ Semester 2 _____

Extra-curricular Activities

Sports

Do you have a job ? Yes/No If yes, how many hours a week? _____

In 500 words, please tell us why you want to be a part of the Kinesiology Program. Please include what area of Kinesiology you are interested in. Please type your response on this form:

<http://tinyurl.com/kinesiologyessay2019>

- I understand that the Kinesiology Program may require hours outside of the school day.
- I understand that I must maintain a 2.0 GPA.
- I understand that I must complete both classes to complete the Kinesiology Program-- Essentials of Personal Fitness Training and Prevention and Care of Athletic Injuries.

Student Signature

Date

Parent/Guardian Signature

Date